



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

**Koch, Birgit**

Club: SPD-Bad Langensalza  
Number: 12

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 31:43

Speed: 9.46 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 149 (of 227)

Rank in course/Women: 49 (of 103)

Best time in course: 20:41

Rank in category: 6(of 10)

Best time in the category: 25:57