



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Dembeck, Katja

Club: Bad Langensalza
Number: 20

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 31:49

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 151 (of 227)

Rank in course/Women: 51 (of 103)

Best time in course: 20:41

Rank in category: 5(of 9)

Best time in the category: 24:13