



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Lenz, Heike

Club: Lebensflämmchen
Number: 103

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 32:48

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 160 (of 227)

Rank in course/Women: 57 (of 103)

Best time in course: 20:41

Rank in category: 2(of 2)

Best time in the category: 30:13