



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Liffert, Martha

Club: Salza-Gymnasium

Number: 104

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 33:39

Speed: 8.92 km/h

Running performance: 6:44 min/km

Rank in course/Total: 176 (of 227)

Rank in course/Women: 67 (of 103)

Best time in course: 20:41

Rank in category: 10(of 14)

Best time in the category: 24:23