



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Schmitz, Karola

Club: Niederdorla  
Number: 212

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:07:19

Speed: 10.70 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 107 (of 193)

Rank in course/Women: 15 (of 51)

Best time in course: 53:49

Rank in category: 1(of 7)

Best time in the category: 1:07:19