



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Technau, Sylvia

Club: Thamsbrück  
Number: 137

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:08:01

Speed: 11.03 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 113 (of 193)

Rank in course/Women: 16 (of 51)

Best time in course: 53:49

Rank in category: 4(of 8)

Best time in the category: 1:00:44