



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Hellmundt, Kerstin

Club: Yogaslow  
Number: 44

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:22:19

Speed: 8.75 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 186 (of 193)

Rank in course/Women: 47 (of 51)

Best time in course: 53:49

Rank in category: 9(of 11)

Best time in the category: 1:00:03