



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Ernst, Ramona

Club: EV GS Bad Lgs.

Number: 156

Course: 1.00 km

Schülerlauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 5:10

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 130 (of 241)

Rank in course/Women: 59 (of 136)

Best time in course: 3:25

Rank in category: 1(of 1)

Best time in the category: 5:10