



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Hiese, Cara

Club: SV Creaton Großengottern  
Number: 577

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 24:46

Speed: 12.11 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 40 (of 242)  
Rank in course/Women: 8 (of 105)  
Best time in course: 20:07

Rank in category: 2(of 18)  
Best time in the category: 24:16