



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Heinke, Christin

Club: Altengottern  
Number: 566

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 23:50

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 25 (of 242)  
Rank in course/Women: 3 (of 105)  
Best time in course: 20:07

Rank in category: 1(of 6)  
Best time in the category: 23:50