



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Stang, Ingeburg

Club: Kutzleben  
Number: 721

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 30:08

Speed: 9.96 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 151 (of 242)  
Rank in course/Women: 45 (of 105)  
Best time in course: 20:07

Rank in category: 1(of 2)  
Best time in the category: 30:08