



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Seidel, Kara**

Club: SV Empor

Number: 711

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 30:25

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 156 (of 242)

Rank in course/Women: 49 (of 105)

Best time in course: 20:07

Rank in category: 5(of 16)

Best time in the category: 24:50