



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Friedrich, Bianca

Club: GKN Sinter Metals, Bad Langensalza
Number: 543

Course: 5.00 km
5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 28:50

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 127 (of 242)

Rank in course/Women: 35 (of 105)

Best time in course: 20:07

Rank in category: 2(of 7)

Best time in the category: 27:57