



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Köhler, Krystina**

Club: Bad Langensalza  
Number: 776

Course: 5.00 km  
5 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 30:03

Speed: 9.98 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 149 (of 242)

Rank in course/Women: 43 (of 105)

Best time in course: 20:07

Rank in category: 8(of 13)

Best time in the category: 23:59