



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Koch, Aileen

Club: Laufteam TMP  
Number: 621

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 29:04

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 132 (of 242)  
Rank in course/Women: 38 (of 105)  
Best time in course: 20:07

Rank in category: 4(of 6)  
Best time in the category: 27:10