



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Dembeck, Katja**

Club: DaRoTel GmbH  
Number: 522

Course: 5.00 km  
5 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 30:41

Speed: 9.78 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 161 (of 242)

Rank in course/Women: 54 (of 105)

Best time in course: 20:07

Rank in category: 10(of 13)

Best time in the category: 23:59