



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Koch, Yasmin**

Club: Salza-Gymnasium

Number: 620

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 31:38

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 182 (of 242)

Rank in course/Women: 64 (of 105)

Best time in course: 20:07

Rank in category: 11(of 18)

Best time in the category: 24:16