



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Holzappel, Jana

Club: SV Empor  
Number: 772

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 31:02

Speed: 9.67 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 175 (of 242)

Rank in course/Women: 62 (of 105)

Best time in course: 20:07

Rank in category: 9(of 11)

Best time in the category: 23:36