



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Heuck, Birgit

Club: BSG Sparkasse Unstrut-Hainich e.V.
Number: 574

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 33:18

Speed: 9.01 km/h
Running performance: 6:40 min/km

Rank in course/Total: 208 (of 242)

Rank in course/Women: 80 (of 105)

Best time in course: 20:07

Rank in category: 2(of 2)

Best time in the category: 30:08