



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Frech, Maren**

Club: Salza-Gymnasium  
Number: 540

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 28:19

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 110 (of 242)

Rank in course/Women: 26 (of 105)

Best time in course: 20:07

Rank in category: 7(of 10)

Best time in the category: 20:07