



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Werner, Susanne**

Club: GKN Sinter Metals, Bad Langensalza  
Number: 750

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 29:24

Speed: 10.20 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 140 (of 242)

Rank in course/Women: 40 (of 105)

Best time in course: 20:07

Rank in category: 3(of 7)

Best time in the category: 27:57