



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Lorenz, Heike

Club: AWO Haus an der Salza

Number: 650

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 31:43

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 184 (of 242)

Rank in course/Women: 66 (of 105)

Best time in course: 20:07

Rank in category: 5(of 7)

Best time in the category: 27:57