



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Lenz, Heike**

Club: Bad Langensalza  
Number: 640

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 34:26

Speed: 8.71 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 219 (of 242)

Rank in course/Women: 85 (of 105)

Best time in course: 20:07

Rank in category: 2(of 4)

Best time in the category: 31:00