



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Blume, Denise**

Club: Bad Langensalza  
Number: 516

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 36:03

Speed: 8.32 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 225 (of 242)

Rank in course/Women: 90 (of 105)

Best time in course: 20:07

Rank in category: 5(of 6)

Best time in the category: 23:50