



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Howe, Emma Sophie

Club: Salza-Gymnasium  
Number: 589

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U14 (12-13 Jahre)

Total time: 38:54

Speed: 7.71 km/h  
Running performance: 7:47 min/km

Rank in course/Total: 236 (of 242)

Rank in course/Women: 99 (of 105)

Best time in course: 20:07

Rank in category: 13(of 16)

Best time in the category: 24:50