



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Puderbach, Heidrun**

Club: Bad Langensalza  
Number: 1248

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:11:47

Speed: 10.45 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 143 (of 188)

Rank in course/Women: 24 (of 50)

Best time in course: 55:38

Rank in category: 4(of 8)

Best time in the category: 1:07:00