



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Rahaus, Kirstin**

Club: Erfurt

Number: 1165

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:30:53

Speed: 8.25 km/h

Running performance: 7:16 min/km

Rank in course/Total: 182 (of 188)

Rank in course/Women: 44 (of 50)

Best time in course: 55:38

Rank in category: 7(of 8)

Best time in the category: 58:14