



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**HIESE, Cara**

Club: SV Creaton  
Number: 1070

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 25:28

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 55 (of 251)

Rank in course/Women: 12 (of 110)

Best time in course: 22:01

Rank in category: 1(of 15)

Best time in the category: 25:28