



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**HEINECKE, Katja**

Club: Stadtwerke Bad Langensalza

Number: 1063

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:12

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 116 (of 251)

Rank in course/Women: 32 (of 110)

Best time in course: 22:01

Rank in category: 1(of 11)

Best time in the category: 28:12