



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück

Number: 1253

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 29:06

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 139 (of 251)

Rank in course/Women: 41 (of 110)

Best time in course: 22:01

Rank in category: 4(of 11)

Best time in the category: 28:12