



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

Puderbach, Heidrun

Club: LSZ

Number: 1282

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 29:38

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 155 (of 251)

Rank in course/Women: 48 (of 110)

Best time in course: 22:01

Rank in category: 5(of 11)

Best time in the category: 28:12