



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

ZANKER, Claudia

Club: SPD Bad Langensalza  
Number: 1229

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 34:28

Speed: 8.70 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 216 (of 251)

Rank in course/Women: 87 (of 110)

Best time in course: 22:01

Rank in category: 6(of 9)

Best time in the category: 27:20