



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**DEMBECK, Katja**

Club: DaRoTel  
Number: 1729

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:13:40

Speed: 9.77 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 199 (of 246)

Rank in course/Women: 35 (of 56)

Best time in course: 52:30

Rank in category: 5(of 7)

Best time in the category: 1:00:23