



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Dembeck, Katja

Club: DaRoTel

Number: 76

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:10:44

Speed: 10.18 km/h

Running performance: 5:40 min/km

Rank in course/Total: 166 (of 211)

Rank in course/Women: 34 (of 55)

Best time in course: 52:50

Rank in category: 6(of 8)

Best time in the category: 1:03:08