



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

Kurzynoga, Justine

Club: Empor Boxen  
Number: 192

Course: 12.50 km  
12,5 km -Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:12:57

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 177 (of 211)

Rank in course/Women: 38 (of 55)

Best time in course: 52:50

Rank in category: 4(of 8)

Best time in the category: 55:46