



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Henning, Silke

Club: Ruhla

Number: 1

Course: 19.50 km

15 km Lauf

Category:

Frauen W40

Total time: 1:54:13

Speed: 9.98 km/h

Running performance: 5:52 min/km

Rank in course/Total: 99 (of 105)

Rank in course/Women: 14 (of 18)

Best time in course: 1:14:44

Rank in category: 3(of 4)

Best time in the category: 1:45:10