



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Heinse, Sandra

Club: Oppershausen

Number: 41

Course: 10.90 km

12 km Lauf

Category:

Frauen 30 bis 39 Jahre

Total time: 1:04:25

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 96 (of 137)

Rank in course/Women: 19 (of 36)

Best time in course: 46:07

Rank in category: 3(of 7)

Best time in the category: 57:11