



9. Kanonenbahnlauf
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Fritzlar, Heike

Club: Laufmaus Heike
Number: 14

Course: 16.00 km
Kanonenbahnlauf

Category:
Frauen W45

Total time: 1:26:44

Speed: 11.07 km/h
Running performance: 5:25 min/km

Rank in course/Total: 50 (of 70)
Rank in course/Women: 4 (of 13)
Best time in course: 1:20:19

Rank in category: 1(of 4)
Best time in the category: 1:26:44