



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

Kämper, Anke

Club: Fit & Run

Number: 315

Course: 11.30 km

Langdistanz

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 53:32

Speed: 12.33 km/h

Running performance: 4:44 min/km

Rank in course/Total: 44 (of 81)

Rank in course/Women: 3 (of 13)

Best time in course: 49:50

Rank in category: 2(of 2)

Best time in the category: 53:00