



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

Gerlach, Astrid

Club: Creuzburg  
Number: 332

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 57:41

Speed: 11.44 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 60 (of 81)  
Rank in course/Women: 7 (of 13)  
Best time in course: 49:50

Rank in category: 1(of 3)  
Best time in the category: 57:41