



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Kämper, Anke

Club: fit & run

Number: 476

Course: 11.30 km

Langdistanz

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 55:59

Speed: 11.79 km/h

Running performance: 4:57 min/km

Rank in course/Total: 44 (of 68)

Rank in course/Women: 3 (of 14)

Best time in course: 52:40

Rank in category: 1(of 3)

Best time in the category: 55:59