



Winterlaufserie 2012, 3. Lauf  
Creuzburg / 25.03.2012

Detailed evaluation

Gerlach, Astrid

Club: Creuzburg  
Number: 529

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 59:29

Speed: 11.10 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 58 (of 68)  
Rank in course/Women: 8 (of 14)  
Best time in course: 52:40

Rank in category: 1(of 2)  
Best time in the category: 59:29