



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Hesse, Kerstin

Club: Pysio K. Hesse  
Number: 149

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 38:35

Speed: 10.89 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 42 (of 64)  
Rank in course/Women: 7 (of 20)  
Best time in course: 31:16

Rank in category: 1(of 2)  
Best time in the category: 38:35