



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz  
Number: 775

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:46

Speed: 12.75 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 27 (of 57)  
Rank in course/Women: 3 (of 14)  
Best time in course: 47:50

Rank in category: 1(of 3)  
Best time in the category: 51:46