



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer  
Number: 796

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 59:44

Speed: 11.05 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 43 (of 57)  
Rank in course/Women: 7 (of 14)  
Best time in course: 47:50

Rank in category: 2(of 4)  
Best time in the category: 50:37