



Bezirksmeisterschaften Halle Crosslauf  
Sangerhausen/ OT Grillenberg / 06.04.2013

Detailed evaluation

**Pollag, Julia**

Club: ASV Sangerhausen  
Number: 309

Course: 3.00 km  
3 km Lauf

Category:  
weibliche Jugend W16

Total time: 19:44

Speed: 9.12 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 17 (of 19)

Rank in course/Women: 4 (of 5)

Best time in course: 15:10

Rank in category: 1(of 1)

Best time in the category: 19:44