



Bezirksmeisterschaften Halle Crosslauf
Sangerhausen/ OT Grillenberg / 06.04.2013

Detailed evaluation

Rost, Luisa

Club: SSV-MG-Ahlsdorf
Number: 154

Course: 1.00 km
1 km Lauf

Category:
weibliche Kinder W08

Total time: 5:25

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 72 (of 76)
Rank in course/Women: 41 (of 45)
Best time in course: 3:44

Rank in category: 7(of 10)
Best time in the category: 4:30