



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Hezwig, Sandra

Club: Laufsportfreunde RHS  
Number: 458

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:42:38

Speed: 9.35 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 70 (of 83)  
Rank in course/Women: 4 (of 10)  
Best time in course: 1:20:38

Rank in category: 1(of 1)  
Best time in the category: 1:42:38