



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer  
Number: 472

Course: 10.50 km  
10 km Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:02

Speed: 9.83 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 96 (of 127)  
Rank in course/Women: 18 (of 36)  
Best time in course: 47:44

Rank in category: 4(of 6)  
Best time in the category: 50:27