



## 10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

### Detailed evaluation

**Pfannstiel, Heidi**

Club: Breitungen

Number: 26

Course: 5.00 km

Basilikalauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 31:07

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 37 (of 39)

Rank in course/Women: 11 (of 12)

Best time in course: 20:21

Rank in category: 3(of 3)

Best time in the category: 25:05