



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Ziezold, Nadine

Club: Sonntagsläufer Tambach-Dietharz
Number: 895

Course: 11.30 km
Langdistanz

Category:
Frauen (20-29 Jahre)

Total time: 1:04:00

Speed: 10.31 km/h
Running performance: 5:40 min/km

Rank in course/Total: 68 (of 79)
Rank in course/Women: 13 (of 17)

Best time in course: 49:26

Rank in category: 2(of 3)
Best time in the category: 1:00:15