



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Günther, Heidi

Club: Frankenroda

Number: 76

Course: 11.30 km

Langdistanz

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 56:14

Speed: 12.06 km/h

Running performance: 4:59 min/km

Rank in course/Total: 56 (of 75)

Rank in course/Women: 7 (of 13)

Best time in course: 46:57

Rank in category: 2(of 6)

Best time in the category: 55:53