



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: 11.74 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