



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz
Number: 19

Course: 5.50 km
Kurzdistanz

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 22:56

Speed: 13.08 km/h
Running performance: 4:10 min/km

Rank in course/Total: 10 (of 58)
Rank in course/Women: 1 (of 20)
Best time in course: 22:56

Rank in category: 1(of 1)
Best time in the category: 22:56