



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Freitag, Annett

Club: Eisenacher LV
Number: 133

Course: 11.30 km
Langdistanz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 54:18

Speed: 12.15 km/h
Running performance: 4:49 min/km

Rank in course/Total: 42 (of 62)

Rank in course/Women: 4 (of 8)

Best time in course: 48:19

Rank in category: 1(of 2)

Best time in the category: 54:18