



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer  
Number: 102

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:02

Speed: 10.99 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 52 (of 62)

Rank in course/Women: 6 (of 8)

Best time in course: 48:19

Rank in category: 2(of 2)

Best time in the category: 52:50