



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Manthey, Heidi

Club: SV Eisenach Triathlon
Number: 55

Course: 5.50 km
Kurzdistanz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 28:18

Speed: 10.60 km/h
Running performance: 5:09 min/km

Rank in course/Total: 38 (of 58)
Rank in course/Women: 10 (of 20)
Best time in course: 22:56

Rank in category: 1(of 2)
Best time in the category: 28:18