



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Siemon, Laura

Club: Blau Weiß Creuzburg
Number: 18

Course: 5.50 km
Kurzdistanz

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 29:18

Speed: 10.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 43 (of 58)
Rank in course/Women: 13 (of 20)
Best time in course: 22:56

Rank in category: 4(of 5)
Best time in the category: 25:46