



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

**Heusing, Nadine**

Club: VFB 91 Suhl  
Number: 60

Course: 5.50 km  
Kurzdistanz

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 34:41

Speed: 8.65 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 53 (of 58)  
Rank in course/Women: 18 (of 20)  
Best time in course: 22:56

Rank in category: 2(of 3)  
Best time in the category: 26:28