



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitung
Number: 97

Course: 11.30 km
Langdistanz

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 50:26

Speed: 13.09 km/h
Running performance: 4:28 min/km

Rank in course/Total: 28 (of 62)

Rank in course/Women: 2 (of 8)

Best time in course: 48:19

Rank in category: 1(of 1)

Best time in the category: 50:26