



## 20. Hainich-Lauf Mihla

Mihla / 01.05.2014

### Detailed evaluation

**Seise, Anke**

Club: Röblinglaufverein

Number: 123

Course: 6.60 km

Kurzstrecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 33:56

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 7 (of 31)

Rank in course/Women: 2 (of 11)

Best time in course: 30:29

Rank in category: 1(of 1)

Best time in the category: 33:56