



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Ziezold, Nadine

Club: Sv Ernstroda  
Number: 463

Course: 13.20 km  
Berglauf lang

Category:  
Frauen (20-29 Jahre)

Total time: 1:21:23

Speed: 9.58 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 86 (of 95)  
Rank in course/Women: 16 (of 19)  
Best time in course: 1:02:06

Rank in category: 3(of 3)  
Best time in the category: 1:08:44