



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Heinemann, Sylvia

Club: Gotha

Number: 269

Course: 11.10 km

City-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:17:29

Speed: 8.60 km/h

Running performance: 06:59 min/km

Rank in course/Total: 213 (of 218)

Rank in course/Women: 41 (of 42)

Best time in course: 45:08

Rank in category: 4(of 4)

Best time in the category: 59:45