



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

John, Silke

Club: Erfurt  
Number: 26

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:23:57

Speed: 10.01 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 165 (of 222)

Rank in course/Women: 26 (of 56)

Best time in course: 1:04:13

Rank in category: 9(of 15)

Best time in the category: 1:08:48