



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

**Frontke, Antonia**

Club: SV 1899 Mühlhausen  
Number: 365

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 30:54

Speed: 13.59 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 25 (of 71)  
Rank in course/Women: 2 (of 18)  
Best time in course: 30:26

Rank in category: 1(of 1)  
Best time in the category: 30:54