



3. Creuzburger Stadtlauf  
Creuzburg / 28.06.2014

Detailed evaluation

Siemon, Laura

Club: Blau Weiß Creuzburg  
Number: 475

Course: 5.00 km  
Kurzdistanz

Category:  
weibliche Jugend U14 (12-13 Jahre)

Total time: 24:22

Speed: 12.31 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 16 (of 44)  
Rank in course/Women: 2 (of 13)  
Best time in course: 22:59

Rank in category: 1(of 2)  
Best time in the category: 24:22