



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

**Bärwolf, Silvia**

Club: Lauffreud Breitungeu  
Number: 106

Course: 12.00 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 55:00

Speed: 13.09 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 33 (of 110)

Rank in course/Women: 3 (of 31)

Best time in course: 53:44

Rank in category: 1(of 5)

Best time in the category: 55:00