



3. Herzog-Georg-Lauf
Meiningen / 12.07.2014

Detailed evaluation

Koch, Heike

Club: TSSC Erfurt

Number: 43

Course: 12.00 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:49

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 73 (of 110)

Rank in course/Women: 14 (of 31)

Best time in course: 53:44

Rank in category: 3(of 4)

Best time in the category: 57:16