



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Denkes, Judith

Club: 1. Karate-Club Bad Salzungen e.V.  
Number: 14

Course: 12.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:15:59

Speed: 9.48 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 98 (of 110)

Rank in course/Women: 25 (of 31)

Best time in course: 53:44

Rank in category: 4(of 4)

Best time in the category: 57:16