



3. Herzog-Georg-Lauf  
Meiningen / 12.07.2014

Detailed evaluation

Mirau, Elke

Club: Walldorf  
Number: 193

Course: 4.00 km  
Jedermann-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 23:14

Speed: 10.33 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 38 (of 68)  
Rank in course/Women: 13 (of 28)  
Best time in course: 16:38

Rank in category: 2(of 3)  
Best time in the category: 21:45