



## 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

### Detailed evaluation

#### Heusing, Nadine

Club: VEB 91 Suhl

Number: 87

Course: 10.50 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:14:31

Speed: 8.05 km/h

Running performance: 7:06 min/km

Rank in course/Total: 72 (of 74)

Rank in course/Women: 16 (of 18)

Best time in course: 47:26

Rank in category: 4(of 4)

Best time in the category: 47:29