



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Kössel, Sylvia

Club: 1966

Number: 257

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:18:32

Speed: 9.10 km/h

Running performance: 6:34 min/km

Rank in course/Total: 61 (of 72)

Rank in course/Women: 6 (of 12)

Best time in course: 1:49:50

Rank in category: 2(of 5)

Best time in the category: 2:13:36