



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Krieghoff, Luise

Club: LSV Erfurt

Number: 331

Course: 30.00 km

30 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 2:55:36

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 21 (of 25)

Rank in course/Women: 3 (of 4)

Best time in course: 2:11:36

Rank in category: 1(of 1)

Best time in the category: 2:55:36