



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Heidinger, Sandra**

Club: SV Medizin Bad Liebenstein

Number: 930

Course: 5.00 km

Basilikalauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 23:51

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 19 (of 35)

Rank in course/Women: 5 (of 9)

Best time in course: 19:44

Rank in category: 1(of 2)

Best time in the category: 23:51