



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Schrader, Heike

Club: Lauffreunde Geba

Number: 34

Course: 10.50 km

Nordic Walking kurz

Category:

Nordic Walking Frauen

Total time: 1:37:10

Speed: 6.17 km/h

Running performance: 9:15 min/km

Rank in course/Total: 6 (of 6)

Rank in course/Women: 3 (of 4)

Best time in course: 1:24:58

Rank in category: 3(of 3)

Best time in the category: 1:24:58