



34. Kienberglauf  
Oehrenstock / 04.10.2014

## Detailed evaluation

**Kreußel, Silke**

Club: Langewiesen  
Number: 950

Course: 11.00 km  
11 km Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:15:21

Speed: 8.76 km/h  
Running performance: 6:51 min/km

Rank in course/Total: 25 (of 30)

Rank in course/Women: 5 (of 7)

Best time in course: 55:36

Rank in category: 2(of 2)

Best time in the category: 55:36