



4. Creuzburger Stadtlauf  
Creuzburg / 27.06.2015

Detailed evaluation

**Prenzel, Heidi**

Club: VfL 28 Ellrich  
Number: 526

Course: 5.00 km  
Kurzdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 33:11

Speed: 9.04 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 19 (of 24)

Rank in course/Women: 5 (of 8)

Best time in course: 27:38

Rank in category: 1(of 1)

Best time in the category: 33:11