



Herzog-Georg-Nachtlauf
Meiningen / 13.06.2015

Detailed evaluation

Rodig, Heike

Club: Meiningen
Number: 311

Course: 4.00 km
Jedermann-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 24:10

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 149 (of 215)

Rank in course/Women: 44 (of 79)

Best time in course: 18:34

Rank in category: 6(of 8)

Best time in the category: 18:46