



Herzog-Georg-Nachtlauf  
Meiningen / 13.06.2015

## Detailed evaluation

Lehoczky-Semmelweis, Sandra

Club: Utendorf  
Number: 198

Course: 4.00 km  
Jedermann-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 23:03

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 132 (of 215)

Rank in course/Women: 35 (of 79)

Best time in course: 18:34

Rank in category: 4(of 8)

Best time in the category: 18:46