



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

Haag, Heike

Club: SVW Triathlon  
Number: 229

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:20

Speed: 10.94 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 135 (of 156)

Rank in course/Women: 7 (of 18)

Best time in course: 50:35

Rank in category: 4(of 8)

Best time in the category: 54:35