



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt  
Number: 96

Course: 5.50 km  
Kurzdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 29:54

Speed: 11.04 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 77 (of 110)

Rank in course/Women: 8 (of 30)

Best time in course: 25:26

Rank in category: 1(of 4)

Best time in the category: 29:54