



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Wrona, Steffi

Number: 226

Course: 5.50 km  
Kurzdistanz

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 29:59

Speed: 10.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 75 (of 100)

Rank in course/Women: 11 (of 26)

Best time in course: 24:10

Rank in category: 1(of 2)

Best time in the category: 29:59