



5. Creuzburger Stadtlauf  
Creuzburg / 25.06.2016

Detailed evaluation

**Prenzel, Heidi**

Club: FfL 28 Ellrich  
Number: 704

Course: 5.00 km  
Kurzdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 34:01

Speed: 8.82 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 32 (of 35)  
Rank in course/Women: 12 (of 14)  
Best time in course: 22:26

Rank in category: 1(of 2)  
Best time in the category: 34:01