



4. Erfurter Waldlauf und 16. Thüringer Frauenlauf

Erfurt, Steigerwald / 05.06.2016

Detailed evaluation

Kneese, Silvia

Club: Heyda

Number: 498

Course: 10.00 km

Walking

Category:

Damen

Total time: 1:29:03

Speed: 6.74 km/h

Running performance: 8:54 min/km

Rank in course/Total: 6 (of 12)

Rank in course/Women: 5 (of 10)

Best time in course: 1:23:09

Rank in category: 5(of 10)

Best time in the category: 1:23:09