



13. Werraenergie Pleßlauf
Breitungen / 21.08.2016

Detailed evaluation

Heusing, Nadine

Club: Gutsmuthsrennsteig Laufverein
Number: 80

Course: 10.50 km
10 km Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:19:47

Speed: 7.90 km/h
Running performance: 7:36 min/km

Rank in course/Total: 62 (of 66)
Rank in course/Women: 18 (of 19)
Best time in course: 42:43

Rank in category: 3(of 3)
Best time in the category: 42:43