



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

**Winges, Ulrike**

Club: Viba-Anschütz-Team  
Number: 530

Course: 5.00 km  
5 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 30:35

Speed: 9.81 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 24 (of 34)

Rank in course/Women: 4 (of 9)

Best time in course: 27:27

Rank in category: 1(of 2)

Best time in the category: 30:35