



1.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 31.01.2016

Detailed evaluation

Quasniczka, Kerstin

Club: HSV Steinbach 1907  
Number: 268

Course: 5.50 km  
Kurzdistanz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 29:37

Speed: 10.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 30 (of 49)  
Rank in course/Women: 8 (of 14)  
Best time in course: 27:19

Rank in category: 1(of 1)  
Best time in the category: 29:37