



3.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 20.03.2016

Detailed evaluation

**Ernst, Beate**

Club: Sonntagsläufer Tambach-Dietharz  
Number: 515

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 54:02

Speed: 12.21 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 26 (of 54)  
Rank in course/Women: 1 (of 14)  
Best time in course: 54:02

Rank in category: 1(of 4)  
Best time in the category: 54:02