



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

Detailed evaluation

**Motschmann, Mandy**

Club: Eisenacher Lauffreunde 2015  
Number: 522

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 55:44

Speed: 11.84 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 34 (of 54)  
Rank in course/Women: 3 (of 14)  
Best time in course: 54:02

Rank in category: 1(of 1)  
Best time in the category: 55:44