



# Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

## Detailed evaluation

**Kügler, Conny**

Club: ASV Erfurt

Number: 216

Course: 3.00 km

3km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 22:18

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 9 (of 9)

Rank in course/Women: 3 (of 3)

Best time in course: 14:12

Rank in category: 1(of 1)

Best time in the category: 22:18