



Frühjahrs-cross im Steigerwald  
Erfurt / 25.03.2017

## Detailed evaluation

**ZAKRZWESKI-HEITER, Sylwia**

Club: TEAM AR Sport

Number: 1928

Course: 8.00 km

8km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 38:15

Speed: 12.55 km/h

Running performance: 4:47 min/km

Rank in course/Total: 17 (of 65)

Rank in course/Women: 2 (of 21)

Best time in course: 36:45

Rank in category: 1(of 2)

Best time in the category: 38:15