



# Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

## Detailed evaluation

### Stichling, Laura

Club: Triathlon Friedrichroda

Number: 120

Course: 8.00 km

8km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 40:28

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 21 (of 65)

Rank in course/Women: 3 (of 21)

Best time in course: 36:45

Rank in category: 1(of 7)

Best time in the category: 40:28