



Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

Detailed evaluation

Rhyssen, Lena

Club: Erfurt

Number: 1989

Course: 8.00 km

8km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 56:51

Speed: 8.44 km/h

Running performance: 7:07 min/km

Rank in course/Total: 55 (of 65)

Rank in course/Women: 14 (of 21)

Best time in course: 36:45

Rank in category: 4(of 7)

Best time in the category: 40:28