



3.Lauf - Winterlaufserie 2017 des Eisenacher LV  
Creuzburg / 26.03.2017

Detailed evaluation

**Ernst, Beate**

Club: Triathlon Friedrichroda  
Number: 775

Course: 11.30 km  
Langdistanz

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 56:09

Speed: 12.07 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 46 (of 71)  
Rank in course/Women: 6 (of 12)  
Best time in course: 47:58

Rank in category: 2(of 5)  
Best time in the category: 53:40