



15. Rennsteig-Querung  
National-Naturpark-Region / 01.07.2018

Detailed evaluation

Heß, Luisa

Club: Erfurt  
Number: 532

Course: 10.54 km  
Viertelmarathon (Lauf)

Category:  
Seniorinnen W30

Total time: 47:16

Speed: 12.69 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 3 (of 26)  
Rank in course/Women: 1 (of 9)  
Best time in course: 47:16

Rank in category: 1(of 4)  
Best time in the category: 47:16