



Südeichsfeldlauf  
Diedorf / 30.06.2018

## Detailed evaluation

Gebhard, Carina

Club: VfL Wanfried  
Number: 306

Course: 5.30 km  
Hauptlauf 5,3 km

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 32:45

Speed: 9.16 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 38 (of 50)  
Rank in course/Women: 20 (of 29)  
Best time in course: 25:51

Rank in category: 4(of 5)  
Best time in the category: 29:03