



Südeichsfeldlauf  
Diedorf / 30.06.2018

## Detailed evaluation

Herz, Franziska

Club: Diedorf  
Number: 342

Course: 5.30 km  
Hauptlauf 5,3 km

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 34:16

Speed: 8.75 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 46 (of 50)  
Rank in course/Women: 26 (of 29)  
Best time in course: 25:51

Rank in category: 3(of 3)  
Best time in the category: 29:58