



Südeichsfeldlauf  
Diedorf / 30.06.2018

## Detailed evaluation

Tiffert, Nadine

Club: SV Diedorf 1921 e. V.  
Number: 334

Course: 5.30 km  
Hauptlauf 5,3 km

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 28:22

Speed: 10.58 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 14 (of 50)  
Rank in course/Women: 3 (of 29)  
Best time in course: 25:51

Rank in category: 1(of 8)  
Best time in the category: 28:22