



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

Heß, Luisa

Club: Erfurt  
Number: 342

Course: 21.09 km  
Halbmarathon (Lauf)

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 2:16:25

Speed: 9.24 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 12 (of 39)  
Rank in course/Women: 3 (of 17)  
Best time in course: 2:05:00

Rank in category: 1(of 3)  
Best time in the category: 2:16:25