



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

**Tiffert, Nadine**

Club: SV Diedorf 1921 e.V.  
Number: 130

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:07

Speed: 9.36 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 55 (of 70)

Rank in course/Women: 7 (of 15)

Best time in course: 48:40

Rank in category: 3(of 6)

Best time in the category: 58:31