



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Swiderski, Katrin

Club: WSC 07 Ruhla
Number: 77

Course: 19.50 km
15 km Lauf

Category:
Frauen W40

Total time: 1:45:10

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 84 (of 105)

Rank in course/Women: 7 (of 18)

Best time in course: 1:14:44

Rank in category: 1(of 4)

Best time in the category: 1:45:10