



### 3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

#### Detailed evaluation

**Ziemke, Claudia**

Club: DREAM-TEAM Ilmenau

Number: 780

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W40

Total time: 49:21

Speed: 12.16 km/h

Running performance: 4:42 min/km

Rank in course/Total: 42 (of 100)

Rank in course/Women: 2 (of 21)

Best time in course: 46:12

Rank in category: 1(of 5)

Best time in the category: 49:21