



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 114

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W40

Total time: 55:11

Speed: 10.87 km/h

Running performance: 5:16 min/km

Rank in course/Total: 70 (of 100)

Rank in course/Women: 5 (of 21)

Best time in course: 46:12

Rank in category: 2(of 5)

Best time in the category: 49:21