



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Pflügner, Christiane

Club: Arnstadt

Number: 214

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W35

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:23 min/km

Rank in course/Total: 73 (of 100)

Rank in course/Women: 7 (of 21)

Best time in course: 46:12

Rank in category: 2(of 4)

Best time in the category: 52:44