



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Raab, Marina

Club: LSV Lok Arnstadt

Number: 133

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W45

Total time: 59:56

Speed: 10.01 km/h

Running performance: 5:43 min/km

Rank in course/Total: 82 (of 100)

Rank in course/Women: 12 (of 21)

Best time in course: 46:12

Rank in category: 2(of 3)

Best time in the category: 55:18