



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Ahrndt, Diana

Club: LG Frauenwald

Number: 56

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W40

Total time: 1:05:22

Speed: 9.18 km/h

Running performance: 6:14 min/km

Rank in course/Total: 93 (of 100)

Rank in course/Women: 17 (of 21)

Best time in course: 46:12

Rank in category: 5(of 5)

Best time in the category: 49:21