



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Spindler, Rosemarie

Club: LG Frauenwald

Number: 170

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W45

Total time: 1:10:17

Speed: 8.54 km/h

Running performance: 6:41 min/km

Rank in course/Total: 97 (of 100)

Rank in course/Women: 20 (of 21)

Best time in course: 46:12

Rank in category: 3(of 3)

Best time in the category: 55:18