



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Phrle, Heike

Club: Wasungen  
Number: 235

Course: 10.50 km  
10.5 km-Lauf

Category:  
Frauen W45

Total time: 54:29

Speed: 11.01 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 59 (of 95)  
Rank in course/Women: 8 (of 31)  
Best time in course: 42:36

Rank in category: 2(of 8)  
Best time in the category: 44:44