



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Ihling, Carmen

Club: Langenfeld

Number: 237

Course: 10.50 km

10.5 km-Lauf

Category:

Frauen W45

Total time: 1:07:36

Speed: 8.88 km/h

Running performance: 6:26 min/km

Rank in course/Total: 86 (of 95)

Rank in course/Women: 23 (of 31)

Best time in course: 42:36

Rank in category: 4(of 8)

Best time in the category: 44:44