



5. Trefffurter Stadtlauf  
Treffurt / 13.09.2008

Detailed evaluation

Quack, Ellen

Club: Treffurt  
Number: 1236

Course: 5.00 km  
Geländelauf

Category:  
Frauen W40

Total time: 52:08

Speed: 5.75 km/h  
Running performance: 10:26 min/km

Rank in course/Total: 64 (of 64)  
Rank in course/Women: 18 (of 18)  
Best time in course: 21:52

Rank in category: 3(of 3)  
Best time in the category: 29:25