



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