



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Ernst, Beate**

Club: Sonntagsläufer

Number: 185

Course: 6.00 km

6 km

Category:

Frauen W40

Total time: 31:38

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 5 (of 28)

Rank in course/Women: 1 (of 16)

Best time in course: 31:38

Rank in category: 1(of 2)

Best time in the category: 31:38