



1. Bergstraeser Halbmarathon und 10 km Laufen-Walken

Hirschberg a.d. Bergstraße / 21.09.2008

Detailed evaluation

Zbikowski-Milz, Heike

Club: Meckenheim

Number: 814

Course: 10.00 km

10 km-Lauf

Category:

Frauen W40

Total time: 1:12:53

Speed: 8.23 km/h

Running performance: 7:17 min/km

Rank in course/Total: 29 (of 30)

Rank in course/Women: 8 (of 8)

Best time in course: 48:45

Rank in category: 3(of 3)

Best time in the category: 55:07