



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Quack, Ellen

Club: Treffurt

Number: 1871

Course: 5.50 km

Geländelauf

Category:

Frauen W45

Total time: 54:26

Speed: 5.51 km/h

Running performance: 9:54 min/km

Rank in course/Total: 77 (of 78)

Rank in course/Women: 33 (of 33)

Best time in course: 23:33

Rank in category: 2(of 2)

Best time in the category: 30:19