



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Hermann, Ines

Club: Saalfelder LV  
Number: 8

Course: 11.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 55:18

Speed: 11.93 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 30 (of 96)  
Rank in course/Women: 2 (of 34)  
Best time in course: 43:03

Rank in category: 1(of 8)  
Best time in the category: 55:18