



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 13

Course: 11.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:00:13

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 49 (of 96)  
Rank in course/Women: 8 (of 34)  
Best time in course: 43:03

Rank in category: 4(of 8)  
Best time in the category: 55:18