



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Donczik, Griseldis

Club: LSV Ilmenau

Number: 9

Course: 11.00 km

Hauptlauf

Category:

Frauen W40

Total time: 1:00:36

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 51 (of 96)

Rank in course/Women: 9 (of 34)

Best time in course: 43:03

Rank in category: 1(of 10)

Best time in the category: 1:00:36