



30. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Block, Sonja

Club: Suhl

Number: 80

Course: 11.00 km

Hauptlauf

Category:

Frauen W45

Total time: 1:00:59

Speed: 10.82 km/h

Running performance: 5:32 min/km

Rank in course/Total: 53 (of 96)

Rank in course/Women: 10 (of 34)

Best time in course: 43:03

Rank in category: 5(of 8)

Best time in the category: 55:18