



30. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Köhler, Ljuba

Club: LSV Lok Arnstadt

Number: 14

Course: 11.00 km

Hauptlauf

Category:

Frauen W45

Total time: 1:03:16

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 64 (of 96)

Rank in course/Women: 15 (of 34)

Best time in course: 43:03

Rank in category: 7(of 8)

Best time in the category: 55:18