



7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Koch, Monika

Club: VfL Freudenstadt

Number: 145

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Frauen W40

Total time: 54:54

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 40 (of 76)

Rank in course/Women: 9 (of 30)

Best time in course: 38:48

Rank in category: 5(of 7)

Best time in the category: 43:15