



10. Kirschlauf  
Kleinfahner / 13.06.2010

## Detailed evaluation

Fräbel, Sandra

Club: Schmalkalden/Wernshausen  
Number: 537

Course: 4.00 km  
4 km-Lauf

Category:  
Jedermann Frauen

Total time: 30:15

Speed: 7.93 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 48 (of 52)  
Rank in course/Women: 17 (of 18)  
Best time in course: 22:08

Rank in category: 7(of 8)  
Best time in the category: 23:59