



8. Kanonenbahnlauf
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Ihme, Gudrun

Club: Heiligenstadt
Number: 406

Course: 7.00 km
Walking/ Nordic Walking

Category:
Walking, Nordic Walking Frauen

Total time: 55:48

Speed: 7.53 km/h
Running performance: 7:58 min/km

Rank in course/Total: 4 (of 8)
Rank in course/Women: 3 (of 7)
Best time in course: 54:13

Rank in category: 3(of 7)
Best time in the category: 54:13