



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Schmitz, Karola

Club: schmitz84  
Number: 258

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Frauen W45

Total time: 34:19

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 33 (of 63)  
Rank in course/Women: 3 (of 16)  
Best time in course: 31:17

Rank in category: 1(of 3)  
Best time in the category: 34:19