



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

van Nieuwenhoven, Liesbeth

Club: TV03Breitenbach

Number: 311

Course: 13.00 km

Mittelstrecke

Category:

Frauen W50

Total time: 1:03:12

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 33 (of 112)

Rank in course/Women: 3 (of 26)

Best time in course: 57:20

Rank in category: 1(of 2)

Best time in the category: 1:03:12