



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Kämper, Anke**

Club: Ecklingerode

Number: 247

Course: 13.00 km

Mittelstrecke

Category:

Frauen W30

Total time: 1:09:15

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 58 (of 112)

Rank in course/Women: 8 (of 26)

Best time in course: 57:20

Rank in category: 2(of 3)

Best time in the category: 57:20