



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Freitag, Annett

Club: Etterwinden

Number: 318

Course: 13.00 km

Mittelstrecke

Category:

Frauen W40

Total time: 1:11:06

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 67 (of 112)

Rank in course/Women: 11 (of 26)

Best time in course: 57:20

Rank in category: 3(of 6)

Best time in the category: 1:06:50