



16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

Detailed evaluation

Tiffert, Nadine

Club: Diedorf

Number: 137

Course: 6.00 km

Kurzstrecke

Category:

Frauen W30

Total time: 31:15

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 25 (of 36)

Rank in course/Women: 9 (of 16)

Best time in course: 25:33

Rank in category: 1(of 1)

Best time in the category: 31:15