



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Küster, Petra

Club: Manebach

Number: 116

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 58:44

Speed: 10.22 km/h

Running performance: 5:35 min/km

Rank in course/Total: 81 (of 120)

Rank in course/Women: 11 (of 25)

Best time in course: 46:31

Rank in category: 3(of 7)

Best time in the category: 52:56