



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 147

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 1:04:49

Speed: 9.26 km/h

Running performance: 6:10 min/km

Rank in course/Total: 101 (of 120)

Rank in course/Women: 16 (of 25)

Best time in course: 46:31

Rank in category: 2(of 2)

Best time in the category: 55:55