



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Pfaff, Liane

Club: Saalfelder LV

Number: 156

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 1:06:02

Speed: 9.09 km/h

Running performance: 6:17 min/km

Rank in course/Total: 105 (of 120)

Rank in course/Women: 18 (of 25)

Best time in course: 46:31

Rank in category: 5(of 7)

Best time in the category: 52:56