



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Raab, Marina

Club: LSV Lok Arnstadt

Number: 148

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W50

Total time: 1:08:09

Speed: 8.80 km/h

Running performance: 6:29 min/km

Rank in course/Total: 109 (of 120)

Rank in course/Women: 21 (of 25)

Best time in course: 46:31

Rank in category: 4(of 4)

Best time in the category: 52:46