



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Franzke, Iris

Club: Arnstadt

Number: 119

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 1:09:18

Speed: 8.66 km/h

Running performance: 6:36 min/km

Rank in course/Total: 111 (of 120)

Rank in course/Women: 22 (of 25)

Best time in course: 46:31

Rank in category: 6(of 7)

Best time in the category: 52:56