



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

**Poppner, Kathrin**

Club: Rodelclub Ilmenau

Number: 121

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 1:11:55

Speed: 8.34 km/h

Running performance: 6:51 min/km

Rank in course/Total: 116 (of 120)

Rank in course/Women: 25 (of 25)

Best time in course: 46:31

Rank in category: 7(of 7)

Best time in the category: 52:56