



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Ziemke, Claudia

Club: Dream-Team-Ilmenau

Number: 279

Course: 21.00 km

21 km-Lauf

Category:

Frauen W45

Total time: 1:45:30

Speed: 11.94 km/h

Running performance: 5:01 min/km

Rank in course/Total: 8 (of 21)

Rank in course/Women: 1 (of 3)

Best time in course: 1:45:30

Rank in category: 1(of 1)

Best time in the category: 1:45:30