



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Claßen, Kathrin

Club: Der Weisse Ring

Number: 300

Course: 21.00 km

21 km-Lauf

Category:

Frauen W20

Total time: 2:14:55

Speed: 9.34 km/h

Running performance: 6:25 min/km

Rank in course/Total: 20 (of 21)

Rank in course/Women: 2 (of 3)

Best time in course: 1:45:30

Rank in category: 1(of 1)

Best time in the category: 2:14:55