



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Michaelis, Cornelia**

Club: Bergdorf Höhn

Number: 206

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W30

Total time: 49:46

Speed: 12.06 km/h

Running performance: 4:44 min/km

Rank in course/Total: 38 (of 120)

Rank in course/Women: 2 (of 25)

Best time in course: 46:31

Rank in category: 1(of 1)

Best time in the category: 49:46