



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Ziemke, Anne

Club: Dream-Team-Ilmenau

Number: 212

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W20

Total time: 51:40

Speed: 11.61 km/h

Running performance: 4:55 min/km

Rank in course/Total: 53 (of 120)

Rank in course/Women: 3 (of 25)

Best time in course: 46:31

Rank in category: 2(of 4)

Best time in the category: 46:31