



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Gruner, Birgit

Club: TSV Germania 1887 e. V. Neustadt (Orla)

Number: 108

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W55

Total time: 51:51

Speed: 11.57 km/h

Running performance: 4:56 min/km

Rank in course/Total: 55 (of 120)

Rank in course/Women: 4 (of 25)

Best time in course: 46:31

Rank in category: 1(of 1)

Best time in the category: 51:51