



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Färber-Pfannschmidt, Silvia

Club: Erlau

Number: 215

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 52:56

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 62 (of 120)

Rank in course/Women: 7 (of 25)

Best time in course: 46:31

Rank in category: 1(of 7)

Best time in the category: 52:56