



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Block, Sonja

Club: Suhl

Number: 224

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 55:55

Speed: 10.73 km/h

Running performance: 5:20 min/km

Rank in course/Total: 70 (of 120)

Rank in course/Women: 9 (of 25)

Best time in course: 46:31

Rank in category: 1(of 2)

Best time in the category: 55:55