



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Gruner, Birgit**

Club: TSV Germania 1887  
Number: 158

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W55

Total time: 51:57

Speed: 11.55 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 40 (of 138)

Rank in course/Women: 5 (of 38)

Best time in course: 44:57

Rank in category: 1(of 3)

Best time in the category: 51:57