



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Gronke, Viola

Club: SV 90 Umpferstedt  
Number: 143

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W35

Total time: 56:00

Speed: 10.71 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 63 (of 138)

Rank in course/Women: 13 (of 38)

Best time in course: 44:57

Rank in category: 3(of 3)

Best time in the category: 53:43