



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Schlieffe, Sibylle

Club: SV Mihla  
Number: 149

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W45

Total time: 1:00:24

Speed: 9.93 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 93 (of 138)

Rank in course/Women: 17 (of 38)

Best time in course: 44:57

Rank in category: 4(of 10)

Best time in the category: 49:16