



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt  
Number: 144

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W40

Total time: 1:03:01

Speed: 9.52 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 98 (of 138)

Rank in course/Women: 19 (of 38)

Best time in course: 44:57

Rank in category: 3(of 8)

Best time in the category: 50:58