



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 156

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W45

Total time: 1:05:01

Speed: 9.23 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 106 (of 138)

Rank in course/Women: 23 (of 38)

Best time in course: 44:57

Rank in category: 6(of 10)

Best time in the category: 49:16