



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Bing, Katrin**

Club: Rhöner WSV  
Number: 205

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W45

Total time: 1:08:21

Speed: 8.78 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 119 (of 138)

Rank in course/Women: 30 (of 38)

Best time in course: 44:57

Rank in category: 8(of 10)

Best time in the category: 49:16