



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen
Number: 1001

Course: 10.50 km
10,5 km-Lauf

Category:
Frauen W45

Total time: 53:46

Speed: 11.16 km/h
Running performance: 5:07 min/km

Rank in course/Total: 48 (of 138)

Rank in course/Women: 8 (of 38)

Best time in course: 44:57

Rank in category: 2(of 10)

Best time in the category: 49:16