



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Abe, Sandy

Club: Lauffreß Breitungen
Number: 1005

Course: 10.50 km
10,5 km-Lauf

Category:
Frauen W35

Total time: 54:09

Speed: 11.08 km/h
Running performance: 5:10 min/km

Rank in course/Total: 50 (of 138)

Rank in course/Women: 10 (of 38)

Best time in course: 44:57

Rank in category: 2(of 3)

Best time in the category: 53:43