



7. Trefffurter Stadtlauf

Treffurt / 11.09.2010

Detailed evaluation

Bärwolf, Silvia

Club: BAV

Number: 2361

Course: 10.60 km

Geländelauf lang

Category:

Frauen W45

Total time: 49:33

Speed: 12.11 km/h

Running performance: 4:40 min/km

Rank in course/Total: 65 (of 163)

Rank in course/Women: 3 (of 27)

Best time in course: 46:24

Rank in category: 1(of 6)

Best time in the category: 49:33