



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

van Nieuwenhoven, Liesbeth

Club: TV03Breitenbach

Number: 2371

Course: 10.60 km

Geländelauf lang

Category:

Frauen W50

Total time: 49:57

Speed: 12.01 km/h

Running performance: 4:43 min/km

Rank in course/Total: 68 (of 163)

Rank in course/Women: 5 (of 27)

Best time in course: 46:24

Rank in category: 1(of 1)

Best time in the category: 49:57