



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Kämper, Anke

Club: Ecklingerode
Number: 2019

Course: 10.60 km
Geländelauf lang

Category:
Frauen W30

Total time: 53:30

Speed: 11.21 km/h
Running performance: 5:03 min/km

Rank in course/Total: 92 (of 163)

Rank in course/Women: 8 (of 27)

Best time in course: 46:24

Rank in category: 1(of 1)

Best time in the category: 53:30