



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt  
Number: 2138

Course: 10.60 km  
Geländelauf lang

Category:  
Frauen W40

Total time: 59:26

Speed: 10.10 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 126 (of 163)

Rank in course/Women: 13 (of 27)

Best time in course: 46:24

Rank in category: 5(of 8)

Best time in the category: 49:38