



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben  
Number: 2227

Course: 10.60 km  
Geländelauf lang

Category:  
Frauen W55

Total time: 1:08:41

Speed: 9.26 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 157 (of 163)

Rank in course/Women: 24 (of 27)

Best time in course: 46:24

Rank in category: 2(of 2)

Best time in the category: 1:01:27