



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

König, Lisa

Club: Sportgymnasium Oberhof  
Number: 1561

Course: 5.50 km  
Geländelauf kurz

Category:  
weibliche Jugend B

Total time: 24:55

Speed: 12.04 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 20 (of 103)

Rank in course/Women: 5 (of 46)

Best time in course: 22:36

Rank in category: 2(of 5)

Best time in the category: 24:49