



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben
Number: 2234

Course: 10.60 km
Geländelauf lang

Category:
Frauen W45

Total time: 1:12:39

Speed: 8.26 km/h
Running performance: 6:51 min/km

Rank in course/Total: 160 (of 163)

Rank in course/Women: 26 (of 27)

Best time in course: 46:24

Rank in category: 6(of 6)

Best time in the category: 49:33