



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Lindemann, Anke

Club: Creuzburg  
Number: 1500

Course: 5.50 km  
Geländelauf kurz

Category:  
Frauen W45

Total time: 29:27

Speed: 10.19 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 39 (of 103)

Rank in course/Women: 14 (of 46)

Best time in course: 22:36

Rank in category: 1(of 2)

Best time in the category: 29:27