



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Krug, Lisa-Sophie

Club: Regelschule Treffurt - 7b  
Number: 1576

Course: 5.50 km  
Geländelauf kurz

Category:  
weibliche Schüler B

Total time: 30:59

Speed: 9.68 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 53 (of 103)

Rank in course/Women: 21 (of 46)

Best time in course: 22:36

Rank in category: 10(of 17)

Best time in the category: 23:46