



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Quack, Ellen

Club: Treffurt  
Number: 1897

Course: 5.50 km  
Geländelauf kurz

Category:  
Frauen W45

Total time: 59:31

Speed: 5.04 km/h  
Running performance: 10:49 min/km

Rank in course/Total: 103 (of 103)

Rank in course/Women: 46 (of 46)

Best time in course: 22:36

Rank in category: 2(of 2)

Best time in the category: 29:27