



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Ernst, Beate

Club: sonntagsläufer tambach-dietharz
Number: 14

Course: 6.00 km
6 km Lauf

Category:
Frauen W45

Total time: 30:59

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 14 (of 37)
Rank in course/Women: 2 (of 13)
Best time in course: 29:45

Rank in category: 2(of 3)
Best time in the category: 29:45