



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Ernst, Astrid

Club: Steuerbüro Malsch  
Number: 95

Course: 12.00 km  
Nordic Walking

Category:  
Frauen

Total time: 2:09:34

Speed: 5.56 km/h  
Running performance: 10:48 min/km

Rank in course/Total: 32 (of 39)  
Rank in course/Women: 23 (of 29)  
Best time in course: 1:37:01

Rank in category: 23(of 29)  
Best time in the category: 1:37:01