



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Ziezold, Nadine

Club: SV Ernstroda
Number: 33

Course: 6.00 km
6 km Lauf

Category:
Frauen W20

Total time: 32:43

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 23 (of 37)
Rank in course/Women: 6 (of 13)
Best time in course: 29:45

Rank in category: 2(of 3)
Best time in the category: 32:30