



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Lier, Elke

Club: Günthersleben
Number: 30

Course: 6.00 km
6 km Lauf

Category:
Frauen W45

Total time: 36:23

Speed: 9.89 km/h
Running performance: 6:04 min/km

Rank in course/Total: 27 (of 37)
Rank in course/Women: 8 (of 13)
Best time in course: 29:45

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