



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

**Köhler, Martina**

Club: Erfurt  
Number: 160

Course: 17.00 km  
17 km-Lauf

Category:  
Frauen W45

Total time: 1:30:50

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 38 (of 73)  
Rank in course/Women: 2 (of 11)  
Best time in course: 1:27:36

Rank in category: 1(of 4)  
Best time in the category: 1:30:50