



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Wozasek, Ingrid

Club: Triathlon Friedrichroda
Number: 164

Course: 17.00 km
17 km-Lauf

Category:
Frauen W45

Total time: 1:37:32

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 55 (of 73)

Rank in course/Women: 5 (of 11)

Best time in course: 1:27:36

Rank in category: 3(of 4)

Best time in the category: 1:30:50