



27. Abend-Berg-Lauf und 13. Schülercrossläufe

Friedrichroda / 06.05.2011

Detailed evaluation

Rosenau, Sylvia

Club: TSG Ruhla/WSC 07

Number: 148

Course: 13.20 km

Berglauf lang

Category:

Frauen W45

Total time: 1:17:25

Speed: 10.08 km/h

Running performance: 5:52 min/km

Rank in course/Total: 115 (of 141)

Rank in course/Women: 9 (of 26)

Best time in course: 1:04:31

Rank in category: 3(of 8)

Best time in the category: 1:11:09