



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Rost, Silvia

Club: Lauf Dich Fit

Number: 319

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Frauen W50

Total time: 1:09:50

Speed: 8.59 km/h

Running performance: 6:59 min/km

Rank in course/Total: 83 (of 100)

Rank in course/Women: 34 (of 47)

Best time in course: 47:01

Rank in category: 2(of 3)

Best time in the category: 1:03:21