



32. Schwarzatal-Lauf
Bad Blankenburg / 02.07.2011

Detailed evaluation

Sprenger, Silke

Club: Saalfelder LV
Number: 139

Course: 10.00 km
10 km-Lauf

Category:
Frauen W30

Total time: 46:18

Speed: 12.96 km/h
Running performance: 4:38 min/km

Rank in course/Total: 14 (of 55)
Rank in course/Women: 4 (of 12)
Best time in course: 41:33

Rank in category: 1(of 1)
Best time in the category: 46:18