



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Heidl, Christina

Club: TSV Germania1887e.V. Neustadt(Orla)

Number: 316

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W30

Total time: 1:04:47

Speed: 9.26 km/h

Running performance: 6:10 min/km

Rank in course/Total: 97 (of 110)

Rank in course/Women: 16 (of 24)

Best time in course: 44:41

Rank in category: 3(of 3)

Best time in the category: 55:48