



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Pfaff, Liane

Club: Saalfelder Leichtathletik Verein

Number: 406

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 1:10:46

Speed: 8.48 km/h

Running performance: 6:44 min/km

Rank in course/Total: 105 (of 110)

Rank in course/Women: 22 (of 24)

Best time in course: 44:41

Rank in category: 4(of 4)

Best time in the category: 46:42