



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Jurkschat, Uta**

Club: LG Frauenwald

Number: 369

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 55:00

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 55 (of 110)

Rank in course/Women: 5 (of 24)

Best time in course: 44:41

Rank in category: 2(of 6)

Best time in the category: 54:45