



8. Werraenergie Pleßlauf  
Breitungen / 21.08.2011

Detailed evaluation

Ernst, Beate

Club: Sonntagsläufer Tambach-Dietharz  
Number: 301

Course: 10.50 km  
10,5 km-Lauf

Category:  
Frauen W45

Total time: 50:55

Speed: 11.78 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 33 (of 117)

Rank in course/Women: 3 (of 28)

Best time in course: 44:25

Rank in category: 1(of 12)

Best time in the category: 50:55