



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Limpert, Ramona

Club: Sportteam Steinbach Meiningen

Number: 312

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W30

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:10 min/km

Rank in course/Total: 51 (of 117)

Rank in course/Women: 6 (of 28)

Best time in course: 44:25

Rank in category: 1(of 2)

Best time in the category: 54:09