



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Theeg, Kathrin

Club: SV Emsetal

Number: 380

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 58:05

Speed: 10.33 km/h

Running performance: 5:32 min/km

Rank in course/Total: 72 (of 117)

Rank in course/Women: 10 (of 28)

Best time in course: 44:25

Rank in category: 3(of 12)

Best time in the category: 50:55