



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Schlieffe, Sibylle

Club: SV Mihla

Number: 310

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 58:22

Speed: 10.28 km/h

Running performance: 5:34 min/km

Rank in course/Total: 74 (of 117)

Rank in course/Women: 12 (of 28)

Best time in course: 44:25

Rank in category: 4(of 12)

Best time in the category: 50:55