



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 388

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W55

Total time: 1:18:04

Speed: 7.69 km/h

Running performance: 7:26 min/km

Rank in course/Total: 114 (of 117)

Rank in course/Women: 25 (of 28)

Best time in course: 44:25

Rank in category: 1(of 1)

Best time in the category: 1:18:04