



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben

Number: 389

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W45

Total time: 1:19:19

Speed: 7.56 km/h

Running performance: 7:33 min/km

Rank in course/Total: 115 (of 117)

Rank in course/Women: 26 (of 28)

Best time in course: 44:25

Rank in category: 11(of 12)

Best time in the category: 50:55