



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Abe, Sandy**

Club: Orgalauf

Number: 1001

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W35

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:07 min/km

Rank in course/Total: 48 (of 117)

Rank in course/Women: 4 (of 28)

Best time in course: 44:25

Rank in category: 1(of 4)

Best time in the category: 53:46