



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Ernst, Beate**

Club: sonntagsläufer tambach-dietharz  
Number: 3044

Course: 10.60 km  
Geländelauf lang

Category:  
Frauen W45

Total time: 51:21

Speed: 11.68 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 82 (of 199)

Rank in course/Women: 7 (of 39)

Best time in course: 46:41

Rank in category: 1(of 11)

Best time in the category: 51:21