



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

**Bärwolf, Silvia**

Club: Laufftreff Breitungen  
Number: 3124

Course: 10.60 km  
Geländelauf lang

Category:  
Frauen W50

Total time: 55:06

Speed: 10.89 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 109 (of 199)

Rank in course/Women: 10 (of 39)

Best time in course: 46:41

Rank in category: 2(of 3)

Best time in the category: 53:22