



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Schlieffe, Sibylle

Club: SV Mihla  
Number: 3119

Course: 10.60 km  
Geländelauf lang

Category:  
Frauen W45

Total time: 58:33

Speed: 10.25 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 143 (of 199)

Rank in course/Women: 18 (of 39)

Best time in course: 46:41

Rank in category: 4(of 11)

Best time in the category: 51:21