



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich
Number: 3121

Course: 10.60 km
Geländelauf lang

Category:
Frauen W45

Total time: 1:05:22

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course/Total: 180 (of 199)

Rank in course/Women: 28 (of 39)

Best time in course: 46:41

Rank in category: 5(of 11)

Best time in the category: 51:21