



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Jacob, Helene

Club: SV Rotterode  
Number: 2512

Course: 5.00 km  
Geländelauf kurz

Category:  
weibliche Jugend A

Total time: 21:03

Speed: 14.25 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 4 (of 103)

Rank in course/Women: 1 (of 45)

Best time in course: 21:03

Rank in category: 1(of 5)

Best time in the category: 21:03