



8. Trefffurter Stadtlauf

Treffurt / 10.09.2011

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 3126

Course: 10.60 km

Geländelauf lang

Category:

Frauen W55

Total time: 1:15:40

Speed: 7.93 km/h

Running performance: 7:08 min/km

Rank in course/Total: 196 (of 199)

Rank in course/Women: 38 (of 39)

Best time in course: 46:41

Rank in category: 1(of 1)

Best time in the category: 1:15:40