



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Warken-Steube, Nadine

Club: Ringgau
Number: 2508

Course: 5.00 km
Geländelauf kurz

Category:
Frauen W30

Total time: 29:00

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 41 (of 103)
Rank in course/Women: 16 (of 45)
Best time in course: 21:03

Rank in category: 1(of 2)
Best time in the category: 29:00