



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Tiffert, Nadine

Club: Diedorf
Number: 2507

Course: 5.00 km
Geländelauf kurz

Category:
Frauen W30

Total time: 32:27

Speed: 9.24 km/h
Running performance: 6:29 min/km

Rank in course/Total: 55 (of 103)
Rank in course/Women: 24 (of 45)
Best time in course: 21:03

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