



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Heise, Lucille

Club: RS 9a  
Number: 2583

Course: 5.00 km  
Geländelauf kurz

Category:  
weibliche Schüler

Total time: 44:50

Speed: 6.69 km/h  
Running performance: 8:58 min/km

Rank in course/Total: 99 (of 103)

Rank in course/Women: 44 (of 45)

Best time in course: 21:03

Rank in category: 20(of 21)

Best time in the category: 23:56