



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

ernst, beate

Club: sonntagsläufer tambach-dietharz  
Number: 109

Course: 6.00 km  
6 km Lauf

Category:  
Frauen W45

Total time: 31:46

Speed: 11.33 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 10 (of 44)  
Rank in course/Women: 2 (of 15)  
Best time in course: 31:15

Rank in category: 1(of 3)  
Best time in the category: 31:46