



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

Theeg, Kathrin

Club: sv emsetal

Number: 84

Course: 17.00 km

17 km-Lauf

Category:

Frauen W45

Total time: 1:33:35

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 57 (of 91)

Rank in course/Women: 6 (of 18)

Best time in course: 1:24:06

Rank in category: 2(of 5)

Best time in the category: 1:28:24