



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

Wenzel, Heike

Club: Ebenheim  
Number: 135

Course: 6.00 km  
6 km Lauf

Category:  
Frauen W50

Total time: 37:23

Speed: 9.63 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 24 (of 44)  
Rank in course/Women: 4 (of 15)  
Best time in course: 31:15

Rank in category: 1(of 1)  
Best time in the category: 37:23