



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Bärwolf, Silvia

Club: Lauftreff Breitungen
Number: 10

Course: 17.00 km
17 km-Lauf

Category:
Frauen W50

Total time: 1:32:56

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 53 (of 91)
Rank in course/Women: 5 (of 18)
Best time in course: 1:24:06

Rank in category: 2(of 4)
Best time in the category: 1:29:19