



18. Hainich-Lauf
Mihla / 01.05.2012

Detailed evaluation

Rosenau, Sylvia

Club: TSG Ruhla/WSC 07
Number: 287

Course: 13.00 km
Mittelstrecke

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:08

Speed: 9.86 km/h
Running performance: 6:05 min/km

Rank in course/Total: 86 (of 102)
Rank in course/Women: 16 (of 20)
Best time in course: 1:00:53

Rank in category: 6(of 7)
Best time in the category: 1:00:56