



28. Abend-Berg-Lauf Friedrichroda, 14 Crosslauf für Schüler
Friedrichroda / 04.05.2012

Detailed evaluation

Rosenau, Sylvia

Club: TSG Ruhla/ WSC 09

Number: 37

Course: 13.20 km

Berglauf lang

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:18:16

Speed: 9.97 km/h

Running performance: 5:56 min/km

Rank in course/Total: 79 (of 99)

Rank in course/Women: 10 (of 20)

Best time in course: 1:04:33

Rank in category: 2(of 5)

Best time in the category: 1:05:43