



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

Detailed evaluation

Waitz, Anke

Club: Sv Ernstroda  
Number: 109

Course: 13.20 km  
Berglauf lang

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:22:58

Speed: 9.40 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 90 (of 99)  
Rank in course/Women: 14 (of 20)  
Best time in course: 1:04:33

Rank in category: 4(of 5)  
Best time in the category: 1:05:43