



32. Silberberglauf  
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 521

Course: 11.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:11

Speed: 10.61 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 63 (of 97)  
Rank in course/Women: 13 (of 24)  
Best time in course: 53:50

Rank in category: 2(of 5)  
Best time in the category: 1:00:29