



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Spanaus, Ina**

Club: Schleusingen

Number: 368

Course: 14.60 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:24:44

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 77 (of 98)

Rank in course/Women: 9 (of 19)

Best time in course: 1:01:52

Rank in category: 3(of 6)

Best time in the category: 1:10:39