



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 331

Course: 14.60 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:29:54

Speed: 9.34 km/h

Running performance: 6:10 min/km

Rank in course/Total: 82 (of 98)

Rank in course/Women: 12 (of 19)

Best time in course: 1:01:52

Rank in category: 5(of 6)

Best time in the category: 1:10:39