



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz

Number: 435

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W45

Total time: 50:41

Speed: 11.84 km/h

Running performance: 4:50 min/km

Rank in course/Total: 35 (of 119)

Rank in course/Women: 4 (of 29)

Best time in course: 48:54

Rank in category: 1(of 8)

Best time in the category: 50:41