



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Bärwolf, Silvia**

Club: Lauffreß Breitungen

Number: 455

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W50

Total time: 55:12

Speed: 10.87 km/h

Running performance: 5:16 min/km

Rank in course/Total: 63 (of 119)

Rank in course/Women: 7 (of 29)

Best time in course: 48:54

Rank in category: 2(of 3)

Best time in the category: 49:19