



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Kämper, Anke**

Club: Fritz Run

Number: 520

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W30

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:16 min/km

Rank in course/Total: 64 (of 119)

Rank in course/Women: 8 (of 29)

Best time in course: 48:54

Rank in category: 1(of 2)

Best time in the category: 55:20