



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Ihling, Carmen

Club: TV Barchfeld

Number: 452

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W45

Total time: 59:52

Speed: 10.02 km/h

Running performance: 5:42 min/km

Rank in course/Total: 79 (of 119)

Rank in course/Women: 13 (of 29)

Best time in course: 48:54

Rank in category: 3(of 8)

Best time in the category: 50:41