



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Graul, Nora

Club: Rennsteig Laufverein

Number: 503

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W55

Total time: 1:01:14

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 87 (of 119)

Rank in course/Women: 18 (of 29)

Best time in course: 48:54

Rank in category: 2(of 2)

Best time in the category: 1:00:19