



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 415

Course: 10.50 km

10,5 km-Lauf

Category:

Seniorinnen W45

Total time: 1:03:09

Speed: 9.50 km/h

Running performance: 6:01 min/km

Rank in course/Total: 96 (of 119)

Rank in course/Women: 22 (of 29)

Best time in course: 48:54

Rank in category: 6(of 8)

Best time in the category: 50:41