



## 5. Thüringer Museumslauf

Schmalkalden, Schloss Wilhelmsburg / 09.09.2012

### Detailed evaluation

**Esche, Sonja**

Club: LSV Lok Arnstadt

Number: 363

Course: 10.30 km

10,3 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:22:19

Speed: 7.51 km/h

Running performance: 7:59 min/km

Rank in course/Total: 19 (of 22)

Rank in course/Women: 5 (of 6)

Best time in course: 1:03:21

Rank in category: 2(of 3)

Best time in the category: 1:08:54