



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Romming, Nicole

Club: Fitness Oase Ohrdruf

Number: 2888

Course: 10.60 km

Geländelauf lang

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:40 min/km

Rank in course/Total: 78 (of 190)

Rank in course/Women: 6 (of 39)

Best time in course: 42:52

Rank in category: 1(of 5)

Best time in the category: 49:31