



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Kämper, Anke

Club: fit & run  
Number: 2821

Course: 10.60 km  
Geländelauf lang

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 50:28

Speed: 11.89 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 83 (of 190)

Rank in course/Women: 8 (of 39)

Best time in course: 42:52

Rank in category: 2(of 2)

Best time in the category: 45:54