



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Gerlach, Astrid

Club: BW 90 Creuzburg  
Number: 2886

Course: 10.60 km  
Geländelauf lang

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 53:24

Speed: 11.24 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 114 (of 190)

Rank in course/Women: 17 (of 39)

Best time in course: 42:52

Rank in category: 2(of 6)

Best time in the category: 49:21