



9. Trefffurter Stadtlauf

Treffurt / 15.09.2012

Detailed evaluation

Gronke, Viola

Club: SV 90 Umpferstedt
Number: 3253

Course: 10.60 km
Geländelauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:47

Speed: 11.83 km/h
Running performance: 5:04 min/km

Rank in course/Total: 121 (of 190)

Rank in course/Women: 20 (of 39)

Best time in course: 42:52

Rank in category: 3(of 6)

Best time in the category: 49:21