



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Theeg, Kathrin

Club: SV Emsetal  
Number: 3221

Course: 10.60 km  
Geländelauf lang

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 56:53

Speed: 10.55 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 142 (of 190)

Rank in course/Women: 24 (of 39)

Best time in course: 42:52

Rank in category: 4(of 11)

Best time in the category: 47:19