



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Günther, Heidi

Club: SV Mihla
Number: 3239

Course: 10.60 km
Geländelauf lang

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 57:15

Speed: 10.48 km/h
Running performance: 5:24 min/km

Rank in course/Total: 150 (of 190)

Rank in course/Women: 27 (of 39)

Best time in course: 42:52

Rank in category: 4(of 6)

Best time in the category: 49:21