



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Jacob, Helene

Club: SV Rotterode
Number: 3367

Course: 5.00 km
Geländelauf kurz

Category:
Frauen (20-29 Jahre)

Total time: 21:13

Speed: 14.14 km/h
Running performance: 4:14 min/km

Rank in course/Total: 5 (of 95)
Rank in course/Women: 1 (of 33)
Best time in course: 21:13

Rank in category: 1(of 4)
Best time in the category: 21:13