



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Pönicke, Marlis**

Club: Chemnitzer Laufverein MEGWARE

Number: 252

Course: 6.90 km

Berglauf kurz

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 32:22

Speed: 11.12 km/h

Running performance: 4:41 min/km

Rank in course/Total: 16 (of 84)

Rank in course/Women: 3 (of 23)

Best time in course: 31:08

Rank in category: 1(of 1)

Best time in the category: 32:22