



## 19. Mihlaer Hainichlauf

Mihla / 01.05.2013

### Detailed evaluation

#### Wahrenberg, Sabine

Club: Laufftreff Breitungen

Number: 56

Course: 13.00 km

Mittelstrecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:11:06

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 55 (of 90)

Rank in course/Women: 9 (of 23)

Best time in course: 1:00:01

Rank in category: 2(of 6)

Best time in the category: 1:03:52