



33. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 04.05.2013

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 513

Course: 11.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:10

Speed: 9.41 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 52 (of 63)  
Rank in course/Women: 13 (of 18)  
Best time in course: 52:52

Rank in category: 5(of 5)  
Best time in the category: 53:12