



1. Erfurter Waldlauf und 10. Thüringer Frauenlauf

Erfurt, Steigerwald / 05.05.2013

Detailed evaluation

Ziermann, Ute

Club: Anstadt

Number: 1152

Course: 2.00 km

Jedermannlauf

Category:

Damen

Total time: 10:11

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 6 (of 6)

Rank in course/Women: 3 (of 3)

Best time in course: 9:26

Rank in category: 3(of 3)

Best time in the category: 9:26