



8. Lauf: \"Rund um Frauenwald\"  
Frauenwald / 10.08.2013

Detailed evaluation

Winkler, Elke

Club: Nofretete e.V.  
Number: 67

Course: 14.60 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:36:23

Speed: 9.09 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 83 (of 90)  
Rank in course/Women: 12 (of 15)  
Best time in course: 1:02:40

Rank in category: 4(of 4)  
Best time in the category: 1:12:00