



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

Detailed evaluation

**Blümel, Susan**

Club: AC Apolda  
Number: 72

Course: 14.60 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:42:13

Speed: 8.22 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 89 (of 90)  
Rank in course/Women: 14 (of 15)  
Best time in course: 1:02:40

Rank in category: 1(of 1)  
Best time in the category: 1:42:13