



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

Detailed evaluation

Gruner, Birgit

Club: TSV

Number: 18

Course: 14.60 km

Hauptlauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:13:10

Speed: 11.48 km/h

Running performance: 5:01 min/km

Rank in course/Total: 29 (of 90)

Rank in course/Women: 4 (of 15)

Best time in course: 1:02:40

Rank in category: 1(of 1)

Best time in the category: 1:13:10