



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

Detailed evaluation

Rutkowski, Josefine

Club: Sportteam Steinbach-Meiningen  
Number: 80

Course: 14.60 km  
Hauptlauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:15:48

Speed: 11.56 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 39 (of 90)  
Rank in course/Women: 6 (of 15)  
Best time in course: 1:02:40

Rank in category: 3(of 3)  
Best time in the category: 1:02:40