



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

Detailed evaluation

**Spanaus, Ina**

Club: Schleusingen

Number: 49

Course: 14.60 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:25:51

Speed: 9.78 km/h

Running performance: 5:53 min/km

Rank in course/Total: 65 (of 90)

Rank in course/Women: 7 (of 15)

Best time in course: 1:02:40

Rank in category: 2(of 4)

Best time in the category: 1:11:12