



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

Detailed evaluation

Köhler, Ljuba

Club: LSV Lok Arnstadt
Number: 29

Course: 14.60 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:26:48

Speed: 9.68 km/h
Running performance: 5:57 min/km

Rank in course/Total: 68 (of 90)
Rank in course/Women: 9 (of 15)
Best time in course: 1:02:40

Rank in category: 3(of 4)
Best time in the category: 1:12:00