



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

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 11

Course: 14.60 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:32:31

Speed: 9.08 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 76 (of 90)  
Rank in course/Women: 10 (of 15)  
Best time in course: 1:02:40

Rank in category: 3(of 4)  
Best time in the category: 1:11:12