



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Gruner, Birgit

Club: TSV Germania

Number: 506

Course: 10.50 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 4:47 min/km

Rank in course/Total: 33 (of 127)

Rank in course/Women: 4 (of 36)

Best time in course: 47:44

Rank in category: 1(of 3)

Best time in the category: 50:11