



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

**Krause, Romana**

Club: Sportteam STEINBACH Meiningen  
Number: 449

Course: 10.50 km  
10 km Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 49:34

Speed: 12.10 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 29 (of 127)

Rank in course/Women: 3 (of 36)

Best time in course: 47:44

Rank in category: 1(of 8)

Best time in the category: 49:34