



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 446

Course: 10.50 km  
10 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 58:12

Speed: 10.31 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 84 (of 127)

Rank in course/Women: 15 (of 36)

Best time in course: 47:44

Rank in category: 2(of 5)

Best time in the category: 56:50