



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Graul, Nora

Club: Rennsteiglaufverein
Number: 464

Course: 10.50 km
10 km Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 57:51

Speed: 10.37 km/h
Running performance: 5:31 min/km

Rank in course/Total: 81 (of 127)
Rank in course/Women: 13 (of 36)
Best time in course: 47:44

Rank in category: 2(of 3)
Best time in the category: 50:11