



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Ludwig, Christina

Club: Guths Muths Rennsteiglauf Verein  
Number: 533

Course: 10.50 km  
10 km Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:09:40

Speed: 8.61 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 122 (of 127)

Rank in course/Women: 32 (of 36)

Best time in course: 47:44

Rank in category: 3(of 3)

Best time in the category: 50:11