



10. Werraenergie Pleißlauf
Breitungen / 18.08.2013

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach- Dietharz
Number: 448

Course: 10.50 km
10 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:22:03

Speed: 7.31 km/h
Running performance: 7:49 min/km

Rank in course/Total: 127 (of 127)

Rank in course/Women: 36 (of 36)

Best time in course: 47:44

Rank in category: 8(of 8)

Best time in the category: 49:34