



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Romming, Nicole

Club: Fitness Oase Ohrdruf  
Number: 915

Course: 30.00 km  
30 km Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 2:43:32

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 16 (of 27)

Rank in course/Women: 3 (of 5)

Best time in course: 2:36:53

Rank in category: 1(of 2)

Best time in the category: 2:43:32