



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Koch, Heike

Club: TSC Erfurt

Number: 928

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 3:49:09

Speed: 7.86 km/h

Running performance: 7:38 min/km

Rank in course/Total: 26 (of 27)

Rank in course/Women: 5 (of 5)

Best time in course: 2:36:53

Rank in category: 2(of 2)

Best time in the category: 2:43:32