



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Renz, Silvia

Club: sc impuls erfurt

Number: 4098

Course: 10.22 km

Geländelauf lang

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:37

Speed: 13.44 km/h

Running performance: 4:28 min/km

Rank in course/Total: 35 (of 157)

Rank in course/Women: 3 (of 35)

Best time in course: 40:13

Rank in category: 1(of 4)

Best time in the category: 45:37