



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen

Number: 4014

Course: 10.22 km

Geländelauf lang

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 50:08

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 62 (of 157)

Rank in course/Women: 5 (of 35)

Best time in course: 40:13

Rank in category: 1(of 5)

Best time in the category: 50:08