



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Kahl, Lilith**

Club: SV Olympia Neustadt

Number: 4043

Course: 10.22 km

Geländelauf lang

Category:

Frauen (20-29 Jahre)

Total time: 56:26

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 96 (of 157)

Rank in course/Women: 12 (of 35)

Best time in course: 40:13

Rank in category: 5(of 8)

Best time in the category: 40:13