



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Gerlach, Astrid

Club: Sv blau-Weiss 90 Creuzburg

Number: 4161

Course: 10.22 km

Geländelauf lang

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 57:17

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 103 (of 157)

Rank in course/Women: 14 (of 35)

Best time in course: 40:13

Rank in category: 2(of 4)

Best time in the category: 45:37