



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt

Number: 4086

Course: 10.22 km

Geländelauf lang

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:14

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 107 (of 157)

Rank in course/Women: 16 (of 35)

Best time in course: 40:13

Rank in category: 4(of 8)

Best time in the category: 48:13