



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Ebenau, Ellen

Club: SV Normania Treffurt

Number: 4019

Course: 10.22 km

Geländelauf lang

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:05:14

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 140 (of 157)

Rank in course/Women: 28 (of 35)

Best time in course: 40:13

Rank in category: 7(of 8)

Best time in the category: 48:13