



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Köth, Sigrid

Club: Treffurt

Number: 4597

Course: 5.50 km

Geländelauf kurz

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 40:55

Speed: 7.33 km/h

Running performance: 7:26 min/km

Rank in course/Total: 85 (of 102)

Rank in course/Women: 26 (of 36)

Best time in course: 22:11

Rank in category: 1(of 1)

Best time in the category: 40:55