



## 10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

### Detailed evaluation

**Quack, Ellen**

Club: Treffurt

Number: 4590

Course: 5.50 km

Geländelauf kurz

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 56:10

Speed: 5.34 km/h

Running performance: 10:13 min/km

Rank in course/Total: 102 (of 102)

Rank in course/Women: 36 (of 36)

Best time in course: 22:11

Rank in category: 3(of 3)

Best time in the category: 37:53