



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Gerlach, Astrid

Club: Sv Blau-Weiß 90 Ceuzburg

Number: 5142

Course: 10.60 km

Geländelauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:41

Speed: 11.18 km/h

Running performance: 5:16 min/km

Rank in course/Total: 78 (of 149)

Rank in course/Women: 10 (of 34)

Best time in course: 44:34

Rank in category: 2(of 7)

Best time in the category: 51:58