



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Münch, Birgit

Club: sc impuls erfurt

Number: 5067

Course: 10.60 km

Geländelauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 54:50

Speed: 11.60 km/h

Running performance: 5:23 min/km

Rank in course/Total: 86 (of 149)

Rank in course/Women: 12 (of 34)

Best time in course: 44:34

Rank in category: 3(of 8)

Best time in the category: 48:33