



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

THEEG, KATRIN

Club: SV-EMSETAL

Number: 5101

Course: 10.60 km

Geländelauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:16

Speed: 10.30 km/h

Running performance: 5:43 min/km

Rank in course/Total: 107 (of 149)

Rank in course/Women: 17 (of 34)

Best time in course: 44:34

Rank in category: 5(of 8)

Best time in the category: 48:33