



11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

Detailed evaluation

Kahl, Lilith

Club: Die flinken Gerataler SV Olympia Neustadt
Number: 5042

Course: 10.60 km

Geländelauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 58:36

Speed: 10.24 km/h

Running performance: 5:45 min/km

Rank in course/Total: 111 (of 149)

Rank in course/Women: 18 (of 34)

Best time in course: 44:34

Rank in category: 4(of 5)

Best time in the category: 46:06