



## 11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

### Detailed evaluation

**Ebenau, Ellen**

Club: SV Normania Treffurt

Number: 5018

Course: 10.60 km

Geländelauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:05:15

Speed: 9.20 km/h

Running performance: 6:24 min/km

Rank in course/Total: 139 (of 149)

Rank in course/Women: 32 (of 34)

Best time in course: 44:34

Rank in category: 7(of 8)

Best time in the category: 48:33