



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

### Rohloff, Manuela

Club: Merkers

Number: 14

Course: 8.21 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:31

Speed: 10.55 km/h

Running performance: 5:32 min/km

Rank in course/Total: 17 (of 35)

Rank in course/Women: 5 (of 10)

Best time in course: 40:04

Rank in category: 1(of 1)

Best time in the category: 45:31