



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

### Wahrenberg, Sabine

Club: Lauffreunde Dittmar

Number: 15

Course: 8.21 km

Hauptlauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 44:33

Speed: 10.77 km/h

Running performance: 5:26 min/km

Rank in course/Total: 13 (of 35)

Rank in course/Women: 2 (of 10)

Best time in course: 40:04

Rank in category: 1(of 1)

Best time in the category: 44:33