



13. Werraenergie Pleßlauf
Breitungen / 21.08.2016

Detailed evaluation

Bärwolf, Silvia

Club: Lauffreß Breitungen

Number: 11

Course: 10.50 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 54:57

Speed: 10.92 km/h

Running performance: 5:14 min/km

Rank in course/Total: 22 (of 66)

Rank in course/Women: 3 (of 19)

Best time in course: 42:43

Rank in category: 1(of 1)

Best time in the category: 54:57