



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 21

Course: 10.50 km  
10 km Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:32

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 37 (of 66)  
Rank in course/Women: 8 (of 19)  
Best time in course: 42:43

Rank in category: 2(of 4)  
Best time in the category: 57:42