



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: 9.91 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