



### 3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

#### Detailed evaluation

**Helbig, Katrin**

Club: SV Thuringia Königsee

Number: 204

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:11:31

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 25 (of 26)

Rank in course/Women: 5 (of 5)

Best time in course: 1:53:57

Rank in category: 2(of 2)

Best time in the category: 1:57:57