



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Ulke, Susanne

Club: Fitnessstudio Top in Form
Number: 893

Course: 10.00 km
Hauptlauf

Category:
Frauen W40

Total time: 49:16

Speed: 12.18 km/h
Running performance: 4:56 min/km

Rank in course/Total: 65 (of 114)

Rank in course/Women: 8 (of 27)

Best time in course: 39:21

Rank in category: 2(of 5)

Best time in the category: 44:42