



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Pense, Heike

Club: Arnstadt
Number: 790

Course: 10.00 km
Hauptlauf

Category:
Frauen W45

Total time: 49:52

Speed: 12.03 km/h
Running performance: 4:59 min/km

Rank in course/Total: 72 (of 114)

Rank in course/Women: 9 (of 27)

Best time in course: 39:21

Rank in category: 2(of 9)

Best time in the category: 49:11