



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt
Number: 812

Course: 10.00 km
Hauptlauf

Category:
Frauen W45

Total time: 52:23

Speed: 11.45 km/h
Running performance: 5:14 min/km

Rank in course/Total: 84 (of 114)

Rank in course/Women: 14 (of 27)

Best time in course: 39:21

Rank in category: 4(of 9)

Best time in the category: 49:11