



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Pahn, Ingrid**

Club: ZA-Praxis Ictershausen  
Number: 872

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 53:03

Speed: 11.31 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 87 (of 114)

Rank in course/Women: 15 (of 27)

Best time in course: 39:21

Rank in category: 5(of 9)

Best time in the category: 49:11