



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

### Blauwitz-Kröber, Heike

Club: Arnstadt  
Number: 857

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W35

Total time: 55:49

Speed: 10.75 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 99 (of 114)

Rank in course/Women: 20 (of 27)

Best time in course: 39:21

Rank in category: 3(of 3)

Best time in the category: 51:04