



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Raab, Katrin

Club: LSV Lok Arnstadt
Number: 842

Course: 10.00 km
Hauptlauf

Category:
Frauen W20

Total time: 56:30

Speed: 10.62 km/h
Running performance: 5:39 min/km

Rank in course/Total: 102 (of 114)

Rank in course/Women: 22 (of 27)

Best time in course: 39:21

Rank in category: 3(of 3)

Best time in the category: 42:26