



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Risch, Monique**

Club: SG Motor Arnstadt  
Number: 878

Course: 10.00 km  
Hauptlauf

Category:  
weibliche Jugend A

Total time: 57:41

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 104 (of 114)

Rank in course/Women: 24 (of 27)

Best time in course: 39:21

Rank in category: 4(of 5)

Best time in the category: 39:21