



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Raab, Marina**

Club: LSV Lok Arnstadt  
Number: 843

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 58:23

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 105 (of 114)

Rank in course/Women: 25 (of 27)

Best time in course: 39:21

Rank in category: 9(of 9)

Best time in the category: 49:11