



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Landmann, Isabel

Club: SG Motor Arnstadt  
Number: 967

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 11 weiblich

Total time: 7:21

Speed: 8.16 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 44 (of 66)  
Rank in course/Women: 17 (of 34)  
Best time in course: 5:40

Rank in category: 5(of 5)  
Best time in the category: 5:42