



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Thiele, Lena**

Club: LSV Ilmenau  
Number: 928

Course: 3.50 km  
Jugendlauf

Category:  
AK 14 weiblich

Total time: 16:22

Speed: 11.00 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 5 (of 17)  
Rank in course/Women: 2 (of 11)  
Best time in course: 16:11

Rank in category: 1(of 3)  
Best time in the category: 16:22