



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Schlegel, Elisabeth

Club: LSV Lok Arnstadt  
Number: 916

Course: 3.50 km  
Jugendlauf

Category:  
weibliche Jugend B

Total time: 17:17

Speed: 10.41 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 8 (of 17)  
Rank in course/Women: 3 (of 11)  
Best time in course: 16:11

Rank in category: 2(of 2)  
Best time in the category: 16:11