



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Sauer, Caro

Club: Katholische Laufjugend Arnstadt
Number: 924

Course: 3.50 km
Jugendlauf

Category:
AK 14 weiblich

Total time: 17:22

Speed: 10.36 km/h
Running performance: 4:58 min/km

Rank in course/Total: 10 (of 17)

Rank in course/Women: 5 (of 11)

Best time in course: 16:11

Rank in category: 2(of 3)

Best time in the category: 16:22