



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Heyder, Susann

Club: Arnstadt
Number: 920

Course: 3.50 km
Jugendlauf

Category:
Jedermannklasse weibl.

Total time: 19:39

Speed: 9.16 km/h
Running performance: 5:37 min/km

Rank in course/Total: 11 (of 17)

Rank in course/Women: 6 (of 11)

Best time in course: 16:11

Rank in category: 1(of 5)

Best time in the category: 19:39