



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend Arnstadt
Number: 919

Course: 3.50 km
Jugendlauf

Category:
AK 14 weiblich

Total time: 21:49

Speed: 8.25 km/h
Running performance: 6:14 min/km

Rank in course/Total: 15 (of 17)
Rank in course/Women: 9 (of 11)
Best time in course: 16:11

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