



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Hellwig, Ines

Club: Frienstedt  
Number: 506

Course: 4.00 km  
4 km-Lauf

Category:  
Jedermann Frauen

Total time: 29:50

Speed: 8.04 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 35 (of 47)  
Rank in course/Women: 12 (of 20)  
Best time in course: 22:20

Rank in category: 4(of 10)  
Best time in the category: 23:44