



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Heß, Ines

Club: LTV Erfurt  
Number: 273

Course: 14.00 km  
Hauptlauf

Category:  
Frauen W50

Total time: 1:25:37

Speed: 9.81 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 183 (of 270)

Rank in course/Women: 22 (of 59)

Best time in course: 1:04:31

Rank in category: 2(of 10)

Best time in the category: 1:14:16