



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer  
Number: 95

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Frauen W35

Total time: 1:32:38

Speed: 10.36 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 73 (of 96)  
Rank in course/Women: 5 (of 10)  
Best time in course: 1:10:37

Rank in category: 1(of 1)  
Best time in the category: 1:32:38