



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Rudolph, Astrid

Club: SV 1899 Mühlhausen  
Number: 163

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Frauen W45

Total time: 37:26

Speed: 11.22 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 52 (of 60)  
Rank in course/Women: 7 (of 10)  
Best time in course: 28:59

Rank in category: 1(of 1)  
Best time in the category: 37:26