



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Lindner, Kathrin

Club: LSV Lok Arnstadt

Number: 812

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 56:13

Speed: 10.67 km/h

Running performance: 5:21 min/km

Rank in course/Total: 89 (of 135)

Rank in course/Women: 11 (of 26)

Best time in course: 42:53

Rank in category: 4(of 8)

Best time in the category: 51:11