



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Esche, Sonja**

Club: LSV Lok Arnstadt

Number: 810

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 56:47

Speed: 10.57 km/h

Running performance: 5:25 min/km

Rank in course/Total: 91 (of 135)

Rank in course/Women: 12 (of 26)

Best time in course: 42:53

Rank in category: 5(of 8)

Best time in the category: 51:11