



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Hüther, Ljuba

Club: LSV Lok Arnstadt

Number: 811

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 57:44

Speed: 10.39 km/h

Running performance: 5:30 min/km

Rank in course/Total: 93 (of 135)

Rank in course/Women: 13 (of 26)

Best time in course: 42:53

Rank in category: 6(of 8)

Best time in the category: 51:11