



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Zelle, Monique**

Club: Dream Team Ilmenau

Number: 852

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W35

Total time: 57:44

Speed: 10.39 km/h

Running performance: 5:30 min/km

Rank in course/Total: 94 (of 135)

Rank in course/Women: 14 (of 26)

Best time in course: 42:53

Rank in category: 3(of 4)

Best time in the category: 53:55