



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Raab, Katrin

Club: LSV Lok Arnstadt

Number: 808

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W20

Total time: 59:46

Speed: 10.04 km/h

Running performance: 5:41 min/km

Rank in course/Total: 102 (of 135)

Rank in course/Women: 16 (of 26)

Best time in course: 42:53

Rank in category: 1(of 2)

Best time in the category: 59:46