



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Wenzel, Sabine

Club: LSV Lok Arnstadt

Number: 809

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W40

Total time: 1:02:08

Speed: 9.66 km/h

Running performance: 5:55 min/km

Rank in course/Total: 111 (of 135)

Rank in course/Women: 17 (of 26)

Best time in course: 42:53

Rank in category: 2(of 2)

Best time in the category: 49:04