



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Adelseck, Dagmar

Club: SV Münster-Sarmsheim

Number: 848

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 1:02:26

Speed: 9.61 km/h

Running performance: 5:57 min/km

Rank in course/Total: 112 (of 135)

Rank in course/Women: 18 (of 26)

Best time in course: 42:53

Rank in category: 7(of 8)

Best time in the category: 51:11