



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Macholeth, Sylke

Club: Stützerbach

Number: 890

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 1:04:26

Speed: 9.31 km/h

Running performance: 6:08 min/km

Rank in course/Total: 117 (of 135)

Rank in course/Women: 19 (of 26)

Best time in course: 42:53

Rank in category: 8(of 8)

Best time in the category: 51:11