



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Neidhardt, Nadine

Club: Rennsteiglaufverein

Number: 923

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W30

Total time: 1:04:49

Speed: 9.26 km/h

Running performance: 6:10 min/km

Rank in course/Total: 119 (of 135)

Rank in course/Women: 20 (of 26)

Best time in course: 42:53

Rank in category: 2(of 3)

Best time in the category: 53:56