



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Kiesewetter, Carola

Club: LAC Rudolstadt

Number: 837

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W30

Total time: 1:09:34

Speed: 8.62 km/h

Running performance: 6:38 min/km

Rank in course/Total: 127 (of 135)

Rank in course/Women: 23 (of 26)

Best time in course: 42:53

Rank in category: 3(of 3)

Best time in the category: 53:56