



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Schlegel, Elisabeth

Club: LSV Lok Arnstadt

Number: 815

Course: 10.50 km

10, 5 km-Lauf

Category:

weibliche Jugend B

Total time: 1:12:32

Speed: 8.27 km/h

Running performance: 6:55 min/km

Rank in course/Total: 132 (of 135)

Rank in course/Women: 25 (of 26)

Best time in course: 42:53

Rank in category: 2(of 2)

Best time in the category: 59:42