



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**STEINKE, GUDRUN**

Club: Saalfelder LV

Number: 850

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W70

Total time: 1:25:02

Speed: 7.06 km/h

Running performance: 8:06 min/km

Rank in course/Total: 135 (of 135)

Rank in course/Women: 26 (of 26)

Best time in course: 42:53

Rank in category: 1(of 1)

Best time in the category: 1:25:02