



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Knoblich, Petra

Club: Arnstadt

Number: 915

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W40

Total time: 49:04

Speed: 12.23 km/h

Running performance: 4:40 min/km

Rank in course/Total: 45 (of 135)

Rank in course/Women: 2 (of 26)

Best time in course: 42:53

Rank in category: 1(of 2)

Best time in the category: 49:04