



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Wagner, Heike

Club: Saalfelder LV

Number: 830

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W45

Total time: 51:11

Speed: 11.72 km/h

Running performance: 4:52 min/km

Rank in course/Total: 57 (of 135)

Rank in course/Women: 3 (of 26)

Best time in course: 42:53

Rank in category: 1(of 8)

Best time in the category: 51:11