



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Gruner, Birgit

Club: TSV Germania1887e.V. Neustadt(Orla)

Number: 822

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W50

Total time: 52:02

Speed: 11.53 km/h

Running performance: 4:58 min/km

Rank in course/Total: 61 (of 135)

Rank in course/Women: 4 (of 26)

Best time in course: 42:53

Rank in category: 1(of 1)

Best time in the category: 52:02