



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Hänsel, Stephanie

Club: Freiberg

Number: 853

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W30

Total time: 53:56

Speed: 11.12 km/h

Running performance: 5:08 min/km

Rank in course/Total: 74 (of 135)

Rank in course/Women: 6 (of 26)

Best time in course: 42:53

Rank in category: 1(of 3)

Best time in the category: 53:56