



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Neubert, Laura

Club: SV Lerchenberg Altenburg

Number: 826

Course: 10.50 km

10, 5 km-Lauf

Category:

Frauen W35

Total time: 54:06

Speed: 11.09 km/h

Running performance: 5:09 min/km

Rank in course/Total: 75 (of 135)

Rank in course/Women: 7 (of 26)

Best time in course: 42:53

Rank in category: 2(of 4)

Best time in the category: 53:55