



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Kämper, Anke

Club: Ecklingerode
Number: 125

Course: 13.00 km
Mittelstrecke

Category:
Frauen W30

Total time: 1:10:56

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 51 (of 101)

Rank in course/Women: 5 (of 24)

Best time in course: 56:41

Rank in category: 2(of 3)

Best time in the category: 1:07:53