



15. Hainich-Lauf

Mihla / 16.08.2009

Detailed evaluation

Limpert, Ramona

Club: Sportteam-Steinbach Meiningen

Number: 126

Course: 13.00 km

Mittelstrecke

Category:

Frauen W30

Total time: 1:14:00

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 61 (of 101)

Rank in course/Women: 8 (of 24)

Best time in course: 56:41

Rank in category: 3(of 3)

Best time in the category: 1:07:53