



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

Rosenau, Sylvia

Club: TSG Ruhla/WSC 07  
Number: 200

Course: 13.00 km  
Mittelstrecke

Category:  
Frauen W40

Total time: 1:22:42

Speed: 9.43 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 82 (of 101)

Rank in course/Women: 17 (of 24)

Best time in course: 56:41

Rank in category: 8(of 9)

Best time in the category: 56:41