



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Heintze, Sandra**

Club: Hainichläufer  
Number: 385

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W35

Total time: 2:13:04

Speed: 9.47 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 72 (of 87)

Rank in course/Women: 5 (of 11)

Best time in course: 1:44:56

Rank in category: 3(of 3)

Best time in the category: 1:48:47