



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Gelbert, Gerwid**

Club: Löhnberg  
Number: 403

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W45

Total time: 2:25:09

Speed: 8.68 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 86 (of 87)  
Rank in course/Women: 10 (of 11)  
Best time in course: 1:44:56

Rank in category: 2(of 2)  
Best time in the category: 2:23:58