



## 15. Hainich-Lauf

Mihla / 16.08.2009

### Detailed evaluation

**Hecht, Heike**

Club: Spargelläufer Herbsleben

Number: 391

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:30:57

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 87 (of 87)

Rank in course/Women: 11 (of 11)

Best time in course: 1:44:56

Rank in category: 3(of 3)

Best time in the category: 1:44:56