



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: 8.35 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