



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Abe, Sandy

Club: Laufftreff Breitungen
Number: 177

Course: 13.00 km
Mittelstrecke

Category:
Frauen W30

Total time: 1:07:53

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 38 (of 101)

Rank in course/Women: 2 (of 24)

Best time in course: 56:41

Rank in category: 1(of 3)

Best time in the category: 1:07:53