



6. Trefffurter Stadtlauf
Treffurt / 12.09.2009

Detailed evaluation

Lindemann, Anke

Club: Blau-Weiß Creuzburg
Number: 1840

Course: 5.50 km
Geländelauf

Category:
Frauen W45

Total time: 30:19

Speed: 9.90 km/h
Running performance: 5:31 min/km

Rank in course/Total: 33 (of 78)
Rank in course/Women: 13 (of 33)
Best time in course: 23:33

Rank in category: 1(of 2)
Best time in the category: 30:19