



6. Trefffurter Stadtlauf
Treffurt / 12.09.2009

Detailed evaluation

Fricke, Christin

Club: VfL 28 Ellrich
Number: 1838

Course: 5.50 km
Geländelauf

Category:
Frauen W20

Total time: 37:05

Speed: 8.09 km/h
Running performance: 6:44 min/km

Rank in course/Total: 64 (of 78)
Rank in course/Women: 24 (of 33)
Best time in course: 23:33

Rank in category: 4(of 6)
Best time in the category: 29:11