



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Lippold, Sandra**

Club: Tambach-Dietharz

Number: 38

Course: 15.00 km

15 km-Lauf

Category:

Frauen W40

Total time: 1:39:58

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 70 (of 76)

Rank in course/Women: 9 (of 11)

Best time in course: 1:21:57

Rank in category: 4(of 4)

Best time in the category: 1:28:13