



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Ernst, Beate

Club: Sonntagsläufer

Number: 107

Course: 5.00 km

5 km Lauf

Category:

Frauen W45

Total time: 29:44

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 4 (of 32)

Rank in course/Women: 2 (of 17)

Best time in course: 27:08

Rank in category: 1(of 1)

Best time in the category: 29:44