



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Wozasek, Ingrid**

Club: Triathlon Friedrichroda

Number: 143

Course: 15.00 km

15 km-Lauf

Category:

Frauen W45

Total time: 1:36:36

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 64 (of 76)

Rank in course/Women: 7 (of 11)

Best time in course: 1:21:57

Rank in category: 2(of 2)

Best time in the category: 1:32:40