



30. Wartburglauf Eisenach  
Eisenach / 27.09.2009

Detailed evaluation

Koch, Sina

Club: SC Impuls Erfurt  
Number: 308

Course: 12.50 km  
Hauptlauf

Category:  
Frauen W30

Total time: 1:09:29

Speed: 10.36 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 227 (of 297)

Rank in course/Women: 29 (of 63)

Best time in course: 51:30

Rank in category: 3(of 5)

Best time in the category: 57:55