



## 30. Wartburglauf Eisenach

Eisenach / 27.09.2009

### Detailed evaluation

**Held, Birgit**

Club: Eisenach

Number: 21

Course: 12.50 km

Hauptlauf

Category:

Frauen W45

Total time: 1:21:17

Speed: 8.86 km/h

Running performance: 6:30 min/km

Rank in course/Total: 282 (of 297)

Rank in course/Women: 56 (of 63)

Best time in course: 51:30

Rank in category: 13(of 13)

Best time in the category: 54:09