



## 30. Wartburglauf Eisenach

Eisenach / 27.09.2009

### Detailed evaluation

**Krause, Ramona**

Club: Sportteam-Steinbach Meiningen

Number: 199

Course: 12.50 km

Hauptlauf

Category:

Frauen W45

Total time: 54:09

Speed: 13.30 km/h

Running performance: 4:20 min/km

Rank in course/Total: 56 (of 297)

Rank in course/Women: 4 (of 63)

Best time in course: 51:30

Rank in category: 1(of 13)

Best time in the category: 54:09