



6. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2009

Detailed evaluation

Ruck, Susanne

Club: Gotha  
Number: 429

Course: 12.00 km  
12 km Lauf

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:09:04

Speed: 10.42 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 77 (of 112)  
Rank in course/Women: 11 (of 27)  
Best time in course: 1:01:27

Rank in category: 6(of 14)  
Best time in the category: 1:01:27