



10. Kirschlauf  
Kleinfahner / 13.06.2010

## Detailed evaluation

**Hellwig, Ines**

Club: Frienstedt  
Number: 503

Course: 4.00 km  
4 km-Lauf

Category:  
Jedermann Frauen

Total time: 29:18

Speed: 8.19 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 46 (of 52)  
Rank in course/Women: 16 (of 18)  
Best time in course: 22:08

Rank in category: 6(of 8)  
Best time in the category: 23:59