



7. Thüringer Florena-Frauen-Lauf und 10. Erfurter Volkslauf
Erfurt / 31.08.2008

Detailed evaluation

Sellig, Heidemarie

Club: Erfurt
Number: 363

Course: 10.00 km
Walking

Category:
Frauen Walking

Total time: 1:35:14

Speed: 6.30 km/h
Running performance: 9:31 min/km

Rank in course/Total: 16 (of 22)

Rank in course/Women: 9 (of 15)

Best time in course: 1:18:00

Rank in category: 9(of 15)

Best time in the category: 1:18:00