



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

Detailed evaluation

Jost, Reiner

Club: Weimar

Number: 434

Course: 12.00 km

Volkslauf

Category:

Männer M40

Total time: 49:01

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 19 (of 193)

Rank in course/Men: 19 (of 184)

Best time in course: 41:33

Rank in category: 4(of 36)

Best time in the category: 48:17