



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

Detailed evaluation

**Prenzel, Dieter**

Club: VFL 28 Ellrich  
Number: 334

Course: 12.00 km  
Volkslauf

Category:  
Männer M40

Total time: 49:18

Speed: 14.60 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 22 (of 193)

Rank in course/Men: 22 (of 184)

Best time in course: 41:33

Rank in category: 7(of 36)

Best time in the category: 48:17