



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

Detailed evaluation

Günsch, Lars

Club: sc impuls erfurt
Number: 180

Course: 12.00 km
Volkslauf

Category:
Männer M35

Total time: 50:08

Speed: 14.36 km/h
Running performance: 4:11 min/km

Rank in course/Total: 30 (of 193)

Rank in course/Men: 30 (of 184)

Best time in course: 41:33

Rank in category: 4(of 29)

Best time in the category: 48:16