



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

Detailed evaluation

Held, Matthias

Club: sc impuls erfurt

Number: 185

Course: 12.00 km

Volkslauf

Category:

Männer M35

Total time: 51:24

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 38 (of 193)

Rank in course/Men: 38 (of 184)

Best time in course: 41:33

Rank in category: 6(of 29)

Best time in the category: 48:16