



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

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt
Number: 202

Course: 12.00 km
Volkslauf

Category:
Männer M55

Total time: 56:26

Speed: 12.76 km/h
Running performance: 4:42 min/km

Rank in course/Total: 71 (of 193)

Rank in course/Men: 71 (of 184)

Best time in course: 41:33

Rank in category: 7(of 17)

Best time in the category: 47:43