



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

Detailed evaluation

Benkert, Kurt

Club: TSV Münnerstadt
Number: 154

Course: 12.00 km
Volkslauf

Category:
Männer M55

Total time: 56:34

Speed: 12.73 km/h
Running performance: 4:43 min/km

Rank in course/Total: 72 (of 193)

Rank in course/Men: 72 (of 184)

Best time in course: 41:33

Rank in category: 8(of 17)

Best time in the category: 47:43