



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

Detailed evaluation

Ungelenk, Bernd

Club: Wandersleben
Number: 328

Course: 12.00 km
Volkslauf

Category:
Männer M45

Total time: 56:59

Speed: 12.64 km/h
Running performance: 4:45 min/km

Rank in course/Total: 75 (of 193)

Rank in course/Men: 75 (of 184)

Best time in course: 41:33

Rank in category: 8(of 26)

Best time in the category: 50:13