



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

Detailed evaluation

**Stephan, Heino**

Club: FSV 1986 Bad Langensalza  
Number: 339

Course: 12.00 km  
Volkslauf

Category:  
Männer M40

Total time: 57:01

Speed: 12.63 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 76 (of 193)

Rank in course/Men: 76 (of 184)

Best time in course: 41:33

Rank in category: 19(of 36)

Best time in the category: 48:17