



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

Detailed evaluation

Alack, Dirk

Club: Eisenach

Number: 311

Course: 12.00 km

Volkslauf

Category:

Männer M40

Total time: 57:35

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 80 (of 193)

Rank in course/Men: 80 (of 184)

Best time in course: 41:33

Rank in category: 20(of 36)

Best time in the category: 48:17