



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

Detailed evaluation

Seyffarth, Alfred

Club: Lauffreunde Gotha
Number: 341

Course: 12.00 km
Volkslauf

Category:
Männer M60

Total time: 57:40

Speed: 12.49 km/h
Running performance: 4:49 min/km

Rank in course/Total: 81 (of 193)

Rank in course/Men: 81 (of 184)

Best time in course: 41:33

Rank in category: 1(of 9)

Best time in the category: 57:40