



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

Detailed evaluation

Mikolaiczak, Alexander

Club: Erfurt  
Number: 74

Course: 12.00 km  
Volkslauf

Category:  
Männer M20

Total time: 59:06

Speed: 12.18 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 99 (of 193)

Rank in course/Men: 99 (of 184)

Best time in course: 41:33

Rank in category: 19(of 22)

Best time in the category: 41:33