



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

Detailed evaluation

Rode, Michael

Club: LTV Erfurt

Number: 244

Course: 12.00 km

Volkslauf

Category:

Männer M55

Total time: 59:58

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 107 (of 193)

Rank in course/Men: 107 (of 184)

Best time in course: 41:33

Rank in category: 11(of 17)

Best time in the category: 47:43