



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

Detailed evaluation

Menge, Andreas

Club: Gotha  
Number: 320

Course: 12.00 km  
Volkslauf

Category:  
Männer M45

Total time: 1:00:36

Speed: 11.88 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 112 (of 193)

Rank in course/Men: 111 (of 184)

Best time in course: 41:33

Rank in category: 14(of 26)

Best time in the category: 50:13