



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

Detailed evaluation

Hermann, Rainer

Club: LV Schwarzatal  
Number: 188

Course: 12.00 km  
Volkslauf

Category:  
Männer M65

Total time: 1:00:39

Speed: 11.87 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 113 (of 193)

Rank in course/Men: 112 (of 184)

Best time in course: 41:33

Rank in category: 1(of 7)

Best time in the category: 1:00:39