



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

Detailed evaluation

Lesser, Holger

Club: Gotha
Number: 215

Course: 12.00 km
Volkslauf

Category:
Männer M45

Total time: 1:02:46

Speed: 11.47 km/h
Running performance: 5:14 min/km

Rank in course/Total: 126 (of 193)

Rank in course/Men: 125 (of 184)

Best time in course: 41:33

Rank in category: 17(of 26)

Best time in the category: 50:13