



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

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad LSZ
Number: 259

Course: 12.00 km
Volkslauf

Category:
Männer M45

Total time: 1:04:59

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 141 (of 193)

Rank in course/Men: 140 (of 184)

Best time in course: 41:33

Rank in category: 20(of 26)

Best time in the category: 50:13