



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

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt  
Number: 184

Course: 12.00 km  
Volkslauf

Category:  
Männer M60

Total time: 1:08:25

Speed: 10.52 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 162 (of 193)

Rank in course/Men: 159 (of 184)

Best time in course: 41:33

Rank in category: 8(of 9)

Best time in the category: 57:40