



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

Detailed evaluation

Ludwig, Frank

Club: Team Deura Haus
Number: 324

Course: 12.00 km
Volkslauf

Category:
Männer M60

Total time: 1:08:29

Speed: 10.51 km/h
Running performance: 5:43 min/km

Rank in course/Total: 163 (of 193)

Rank in course/Men: 160 (of 184)

Best time in course: 41:33

Rank in category: 9(of 9)

Best time in the category: 57:40