



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

Detailed evaluation

Urban, Ulrich

Club: Erfurt
Number: 435

Course: 12.00 km
Volkslauf

Category:
Männer M45

Total time: 1:09:06

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 169 (of 193)

Rank in course/Men: 165 (of 184)

Best time in course: 41:33

Rank in category: 23(of 26)

Best time in the category: 50:13