



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

Detailed evaluation

Stroh, Viola

Club: EF Nord gymn.

Number: 431

Course: 12.00 km

Volkslauf

Category:

Frauen W50

Total time: 1:11:29

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 173 (of 193)

Rank in course/Women: 5 (of 9)

Best time in course: 1:00:02

Rank in category: 3(of 4)

Best time in the category: 1:06:00