



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

Detailed evaluation

Schmitz, Friedrich

Club: Erfurt  
Number: 430

Course: 12.00 km  
Volkslauf

Category:  
Männer M50

Total time: 1:15:51

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 185 (of 193)

Rank in course/Men: 177 (of 184)

Best time in course: 41:33

Rank in category: 14(of 15)

Best time in the category: 47:43