



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

Detailed evaluation

Ellenberg, Horst

Club: Ohra Hörsel Gas  
Number: 167

Course: 12.00 km  
Volkslauf

Category:  
Männer M70

Total time: 1:46:48

Speed: 6.74 km/h  
Running performance: 8:54 min/km

Rank in course/Total: 193 (of 193)

Rank in course/Men: 184 (of 184)

Best time in course: 41:33

Rank in category: 3(of 3)

Best time in the category: 1:04:48