



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

Detailed evaluation

Lassotta, Ursula

Club: Erfurt  
Number: 386

Course: 4.00 km  
Jedermannlauf

Category:  
Jedermann weiblich

Total time: 30:30

Speed: 7.87 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 10 (of 11)

Rank in course/Women: 4 (of 5)

Best time in course: 27:29

Rank in category: 4(of 5)

Best time in the category: 27:29