



8. Thüringer Frauen-Lauf und 11. Erfurter Volkslauf
Erfurt / 30.08.2009

Detailed evaluation

Helbing, Mico

Club: LAC Erfurt

Number: 49

Course: 0.50 km

Bambinilauf

Category:

Bambini männlich

Total time: 4:18

Speed: 6.98 km/h

Running performance: 8:36 min/km

Rank in course/Total: 1 (of 14)

Rank in course/Men: 1 (of 9)

Best time in course: 4:18

Rank in category: 1(of 9)

Best time in the category: 4:18