



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

Detailed evaluation

Zechel, Susanne

Club: Turbine Hohenwarte
Number: 157

Course: 12.00 km
Frauenlauf

Category:
Frauen W35

Total time: 1:22:50

Speed: 8.69 km/h
Running performance: 6:54 min/km

Rank in course/Total: 60 (of 62)
Rank in course/Women: 60 (of 62)
Best time in course: 47:48

Rank in category: 7(of 7)
Best time in the category: 50:08