



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

Detailed evaluation

Florschütz, Heike

Club: Erfurt
Number: 28

Course: 12.00 km
Walking

Category:
Walking Frauen

Total time: 1:40:13

Speed: 7.18 km/h
Running performance: 8:21 min/km

Rank in course/Total: 6 (of 13)

Rank in course/Women: 5 (of 10)

Best time in course: 1:26:31

Rank in category: 5(of 10)

Best time in the category: 1:26:31