



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

Detailed evaluation

Wilhelmi, Sylvia

Club: SG - Altenfeld  
Number: 154

Course: 12.00 km  
Walking

Category:  
Walking Frauen

Total time: 1:40:17

Speed: 7.18 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 7 (of 13)

Rank in course/Women: 6 (of 10)

Best time in course: 1:26:31

Rank in category: 6(of 10)

Best time in the category: 1:26:31