



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

Detailed evaluation

**Pawlik, Mario**

Club: Pawliks Lauffamily  
Number: 112

Course: 12.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 42:45

Speed: 16.84 km/h  
Running performance: 3:34 min/km

Rank in course/Total: 8 (of 147)

Rank in course/Men: 8 (of 146)

Best time in course: 37:37

Rank in category: 3(of 9)

Best time in the category: 40:39