



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

Detailed evaluation

Hey, Herbert

Club: LTV Erfurt  
Number: 226

Course: 12.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 46:09

Speed: 15.60 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 26 (of 147)

Rank in course/Men: 26 (of 146)

Best time in course: 37:37

Rank in category: 3(of 18)

Best time in the category: 44:28