



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

Detailed evaluation

Hiller, Manfred

Club: Suhl

Number: 56

Course: 12.00 km

Hauptlauf

Category:

Männer M55

Total time: 53:20

Speed: 13.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 71 (of 147)

Rank in course/Men: 71 (of 146)

Best time in course: 37:37

Rank in category: 4(of 12)

Best time in the category: 43:55