



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

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt
Number: 69

Course: 12.00 km
Hauptlauf

Category:
Männer M60

Total time: 54:08

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 76 (of 147)

Rank in course/Men: 76 (of 146)

Best time in course: 37:37

Rank in category: 4(of 7)

Best time in the category: 49:23