



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

Detailed evaluation

Rode, Michael

Club: LTV Erfurt
Number: 206

Course: 12.00 km
Hauptlauf

Category:
Männer M55

Total time: 54:27

Speed: 13.22 km/h
Running performance: 4:32 min/km

Rank in course/Total: 80 (of 147)

Rank in course/Men: 80 (of 146)

Best time in course: 37:37

Rank in category: 6(of 12)

Best time in the category: 43:55