



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

Detailed evaluation

Walter, Stefan

Club: Team Alcohol  
Number: 253

Course: 12.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 58:24

Speed: 12.33 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 102 (of 147)

Rank in course/Men: 102 (of 146)

Best time in course: 37:37

Rank in category: 8(of 9)

Best time in the category: 40:39