



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

Detailed evaluation

Haase, Hartmut

Club: Elxleben  
Number: 296

Course: 12.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 1:02:52

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 125 (of 147)

Rank in course/Men: 125 (of 146)

Best time in course: 37:37

Rank in category: 14(of 18)

Best time in the category: 44:28