



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

Detailed evaluation

**Stroh, Viola**

Club: SV Nord  
Number: 295

Course: 12.00 km  
Hauptlauf

Category:  
Frauen W50

Total time: 1:03:04

Speed: 11.42 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 126 (of 147)

Rank in course/Women: 1 (of 1)

Best time in course: 1:03:04

Rank in category: 1(of 1)

Best time in the category: 1:03:04