



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

Detailed evaluation

Schade, Michael

Club: Weimar
Number: 254

Course: 12.00 km
Hauptlauf

Category:
Männer M50

Total time: 1:04:28

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 130 (of 147)

Rank in course/Men: 129 (of 146)

Best time in course: 37:37

Rank in category: 16(of 18)

Best time in the category: 44:28