



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

Detailed evaluation

Diez, Utz

Club: USV Jena

Number: 15

Course: 12.00 km

Hauptlauf

Category:

Männer M75

Total time: 1:08:00

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 139 (of 147)

Rank in course/Men: 138 (of 146)

Best time in course: 37:37

Rank in category: 3(of 5)

Best time in the category: 1:04:33