



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

Detailed evaluation

Enders, Katrin

Club: SWV Goldlauter
Number: 185

Course: 12.00 km
Frauenlauf

Category:
Frauen W40

Total time: 51:12

Speed: 14.06 km/h
Running performance: 4:16 min/km

Rank in course/Total: 3 (of 62)
Rank in course/Women: 3 (of 62)
Best time in course: 47:48

Rank in category: 1(of 15)
Best time in the category: 51:12