



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

Detailed evaluation

Salzmann, Susanne

Club: Erfurt
Number: 250

Course: 12.00 km
Frauenlauf

Category:
Frauen W35

Total time: 53:06

Speed: 13.56 km/h
Running performance: 4:25 min/km

Rank in course/Total: 4 (of 62)
Rank in course/Women: 4 (of 62)
Best time in course: 47:48

Rank in category: 2(of 7)
Best time in the category: 50:08