



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

Detailed evaluation

**Wagner, Heike**

Club: Saalfelder LV  
Number: 147

Course: 12.00 km  
Frauenlauf

Category:  
Frauen W45

Total time: 53:19

Speed: 13.50 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 5 (of 62)  
Rank in course/Women: 5 (of 62)  
Best time in course: 47:48

Rank in category: 1(of 14)  
Best time in the category: 53:19