



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

Detailed evaluation

Carl, Christin

Club: Erfurt  
Number: 193

Course: 12.00 km  
Frauenlauf

Category:  
weibliche Jugend A

Total time: 53:28

Speed: 13.47 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 6 (of 62)  
Rank in course/Women: 6 (of 62)  
Best time in course: 47:48

Rank in category: 1(of 2)  
Best time in the category: 53:28