



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

Detailed evaluation

Gerlin, Cornelia

Club: Waltershausen

Number: 198

Course: 12.00 km

Frauenlauf

Category:

Frauen W40

Total time: 54:29

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 8 (of 62)

Rank in course/Women: 8 (of 62)

Best time in course: 47:48

Rank in category: 2(of 15)

Best time in the category: 51:12