



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