



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

Detailed evaluation

Enzian, Iris

Club: sc impuls erfurt  
Number: 23

Course: 12.00 km  
Frauenlauf

Category:  
Frauen W45

Total time: 54:34

Speed: 13.19 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 9 (of 62)  
Rank in course/Women: 9 (of 62)  
Best time in course: 47:48

Rank in category: 2(of 14)  
Best time in the category: 53:19