



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

Detailed evaluation

Gronke, Viola

Club: SV 90 Umpferstedt
Number: 40

Course: 12.00 km
Frauenlauf

Category:
Frauen W35

Total time: 56:37

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 13 (of 62)
Rank in course/Women: 13 (of 62)
Best time in course: 47:48

Rank in category: 3(of 7)
Best time in the category: 50:08