



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