



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

Detailed evaluation

Münch, Birgit

Club: sc impuls erfurt
Number: 108

Course: 12.00 km
Frauenlauf

Category:
Frauen W40

Total time: 57:35

Speed: 12.50 km/h
Running performance: 4:48 min/km

Rank in course/Total: 14 (of 62)
Rank in course/Women: 14 (of 62)
Best time in course: 47:48

Rank in category: 3(of 15)
Best time in the category: 51:12