



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

Detailed evaluation

Kubis, Dagmar

Club: sc impuls erfurt

Number: 32

Course: 12.00 km

Frauenlauf

Category:

Frauen W45

Total time: 57:56

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 15 (of 62)

Rank in course/Women: 15 (of 62)

Best time in course: 47:48

Rank in category: 6(of 14)

Best time in the category: 53:19