



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

Detailed evaluation

John, Heike

Club: USV Erfurt  
Number: 219

Enduro U17

Category:

Frauen W35

Total time: 59:40

Speed: - km/h

Running performance: 4:58 min/km

Rank in course/Total: 19 (of 62)

Rank in course/Women: 19 (of 62)

Best time in course: 47:48

Rank in category: 4(of 7)

Best time in the category: 50:08