



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

Detailed evaluation

John, Heike

Club: USV Erfurt
Number: 219

Course: 12.00 km
Frauenlauf

Category:
Frauen W35

Total time: 59:40

Speed: 12.07 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