



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

Detailed evaluation

Liedtke, Gerlinde

Club: sc impuls erfurt

Number: 87

Course: 12.00 km

Frauenlauf

Category:

Frauen W55

Total time: 1:01:21

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 23 (of 62)

Rank in course/Women: 23 (of 62)

Best time in course: 47:48

Rank in category: 1(of 4)

Best time in the category: 1:01:21