



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

Detailed evaluation

Schniegler, Ilona

Club: Erfurt
Number: 174

Course: 12.00 km
Frauenlauf

Category:
Frauen W45

Total time: 1:02:44

Speed: 11.48 km/h
Running performance: 5:14 min/km

Rank in course/Total: 25 (of 62)
Rank in course/Women: 25 (of 62)
Best time in course: 47:48

Rank in category: 8(of 14)
Best time in the category: 53:19