



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

Detailed evaluation

Münch, Cornelia

Club: 5.GS

Number: 109

Course: 12.00 km

Frauenlauf

Category:

Frauen W50

Total time: 1:02:47

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 27 (of 62)

Rank in course/Women: 27 (of 62)

Best time in course: 47:48

Rank in category: 2(of 8)

Best time in the category: 1:00:04