



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

Detailed evaluation

Benkert, Brigitte

Club: TSV Müñnerstadt

Number: 4

Course: 12.00 km

Frauenlauf

Category:

Frauen W55

Total time: 1:03:43

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 31 (of 62)

Rank in course/Women: 31 (of 62)

Best time in course: 47:48

Rank in category: 2(of 4)

Best time in the category: 1:01:21