



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

Detailed evaluation

Wenige, Carola

Club: FSV 1950 Gotha  
Number: 150

Course: 12.00 km  
Frauenlauf

Category:  
Frauen W40

Total time: 1:04:10

Speed: 11.22 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 33 (of 62)  
Rank in course/Women: 34 (of 62)  
Best time in course: 47:48

Rank in category: 7(of 15)  
Best time in the category: 51:12