



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

Detailed evaluation

Döll, Heike

Club: Meiningen
Number: 234

Course: 12.00 km
Frauenlauf

Category:
Frauen W40

Total time: 1:06:53

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 39 (of 62)
Rank in course/Women: 39 (of 62)
Best time in course: 47:48

Rank in category: 8(of 15)
Best time in the category: 51:12