



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

Detailed evaluation

Brall, Nicole

Club: Erfurt
Number: 196

Course: 12.00 km
Frauenlauf

Category:
Frauen W30

Total time: 1:07:43

Speed: 10.63 km/h
Running performance: 5:38 min/km

Rank in course/Total: 40 (of 62)
Rank in course/Women: 40 (of 62)
Best time in course: 47:48

Rank in category: 4(of 6)
Best time in the category: 54:00