



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

Detailed evaluation

Sparbrod, Martina

Club: Erfurt
Number: 138

Course: 12.00 km
Frauenlauf

Category:
Frauen W40

Total time: 1:08:56

Speed: 10.44 km/h
Running performance: 5:44 min/km

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

Rank in category: 11(of 15)
Best time in the category: 51:12