



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

Detailed evaluation

Seeger, Kathrin

Club: SV Meisel

Number: 178

Course: 12.00 km

Frauenlauf

Category:

Frauen W45

Total time: 1:09:55

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course/Total: 50 (of 62)

Rank in course/Women: 50 (of 62)

Best time in course: 47:48

Rank in category: 13(of 14)

Best time in the category: 53:19