



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

Detailed evaluation

Dämpling, Heike

Club: VfB Elleben  
Number: 190

Enduro U17

Category:

Frauen W40

Total time: 1:11:27

Speed: - km/h

Running performance: 5:57 min/km

Rank in course/Total: 51 (of 62)

Rank in course/Women: 51 (of 62)

Best time in course: 47:48

Rank in category: 12(of 15)

Best time in the category: 51:12