



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

Detailed evaluation

Donat, Angelika

Club: Erfurt
Number: 126

Course: 12.00 km
Frauenlauf

Category:
Frauen W50

Total time: 1:12:09

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 52 (of 62)
Rank in course/Women: 52 (of 62)
Best time in course: 47:48

Rank in category: 6(of 8)
Best time in the category: 1:00:04