



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

Detailed evaluation

**Erdtmann, Susanne**

Club: SG Altenfeld e.V.

Number: 25

Course: 12.00 km

Frauenlauf

Category:

Frauen W45

Total time: 1:13:16

Speed: 9.83 km/h

Running performance: 6:07 min/km

Rank in course/Total: 54 (of 62)

Rank in course/Women: 54 (of 62)

Best time in course: 47:48

Rank in category: 14(of 14)

Best time in the category: 53:19