



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

Detailed evaluation

Merker, Carmen

Club: TSG Echte
Number: 100

Course: 12.00 km
Frauenlauf

Category:
Frauen W40

Total time: 1:14:52

Speed: 9.62 km/h
Running performance: 6:14 min/km

Rank in course/Total: 55 (of 62)
Rank in course/Women: 55 (of 62)
Best time in course: 47:48

Rank in category: 13(of 15)
Best time in the category: 51:12