



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

Detailed evaluation

Schwarzer, Danieala

Club: Linderbach

Number: 176

Course: 12.00 km

Frauenlauf

Category:

Frauen W50

Total time: 1:16:48

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 56 (of 62)

Rank in course/Women: 56 (of 62)

Best time in course: 47:48

Rank in category: 7(of 8)

Best time in the category: 1:00:04