



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

Detailed evaluation

Hempel, Kathy

Club: Zella-Mehlis

Number: 53

Course: 12.00 km

Frauenlauf

Category:

Frauen W30

Total time: 1:17:12

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 57 (of 62)

Rank in course/Women: 57 (of 62)

Best time in course: 47:48

Rank in category: 6(of 6)

Best time in the category: 54:00