



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf  
Erfurt / 05.09.2010

Detailed evaluation

**Becher, Ronald**

Club: Isseroda  
Number: 2893

Course: 10.00 km  
Erfurter Volkslauf

Category:  
Männer M45

Total time: 38:40

Speed: 15.52 km/h  
Running performance: 3:52 min/km

Rank in course/Total: 23 (of 140)

Rank in course/Men: 23 (of 139)

Best time in course: 32:14

Rank in category: 5(of 27)

Best time in the category: 36:11