



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf

Erfurt / 05.09.2010

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 2836

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M45

Total time: 41:37

Speed: 14.42 km/h

Running performance: 4:10 min/km

Rank in course/Total: 40 (of 140)

Rank in course/Men: 40 (of 139)

Best time in course: 32:14

Rank in category: 9(of 27)

Best time in the category: 36:11