



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

Erfurt / 05.09.2010

Detailed evaluation

Ernst, Marcel

Club: SV05 Friedrichroda

Number: 2782

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M20

Total time: 42:20

Speed: 14.17 km/h

Running performance: 4:14 min/km

Rank in course/Total: 48 (of 140)

Rank in course/Men: 48 (of 139)

Best time in course: 32:14

Rank in category: 10(of 21)

Best time in the category: 32:14