



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

Erfurt / 05.09.2010

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV

Number: 2808

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M40

Total time: 42:31

Speed: 14.11 km/h

Running performance: 4:15 min/km

Rank in course/Total: 51 (of 140)

Rank in course/Men: 51 (of 139)

Best time in course: 32:14

Rank in category: 14(of 21)

Best time in the category: 36:08