



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

Erfurt / 05.09.2010

Detailed evaluation

Hiller, Manfred

Club: Suhl

Number: 2796

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M55

Total time: 43:00

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 56 (of 140)

Rank in course/Men: 56 (of 139)

Best time in course: 32:14

Rank in category: 4(of 11)

Best time in the category: 37:09