



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

Erfurt / 05.09.2010

### Detailed evaluation

**Kraft, Daniel**

Club: Erfurt

Number: 2913

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M30

Total time: 45:10

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 73 (of 140)

Rank in course/Men: 73 (of 139)

Best time in course: 32:14

Rank in category: 4(of 8)

Best time in the category: 36:18