



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

Erfurt / 05.09.2010

Detailed evaluation

Ludwig, Frank

Club: Team DEURA HAUS

Number: 2816

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M45

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 74 (of 140)

Rank in course/Men: 74 (of 139)

Best time in course: 32:14

Rank in category: 17(of 27)

Best time in the category: 36:11