



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

Erfurt / 05.09.2010

### Detailed evaluation

**Hennig, Bernhard**

Club: SV Mihla

Number: 2793

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M60

Total time: 45:34

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 79 (of 140)

Rank in course/Men: 79 (of 139)

Best time in course: 32:14

Rank in category: 3(of 10)

Best time in the category: 38:33