



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

Erfurt / 05.09.2010

Detailed evaluation

Kurch, Sebastian

Club: VfL 28 Ellrich

Number: 2900

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M20

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 86 (of 140)

Rank in course/Men: 85 (of 139)

Best time in course: 32:14

Rank in category: 18(of 21)

Best time in the category: 32:14