



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

Erfurt / 05.09.2010

Detailed evaluation

Bahrs, Sönke

Club: Magdala

Number: 2768

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M40

Total time: 48:34

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 99 (of 140)

Rank in course/Men: 98 (of 139)

Best time in course: 32:14

Rank in category: 17(of 21)

Best time in the category: 36:08