



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf  
Erfurt / 05.09.2010

Detailed evaluation

Schimmel, Jochen

Club: LTV Erfurt  
Number: 2837

Course: 10.00 km  
Erfurter Volkslauf

Category:  
Männer M70

Total time: 49:33

Speed: 12.11 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 105 (of 140)

Rank in course/Men: 104 (of 139)

Best time in course: 32:14

Rank in category: 3(of 3)

Best time in the category: 40:54