



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

Detailed evaluation

Hartmann, Heinz

Club: VfL 28 Ellrich  
Number: 2789

Course: 10.00 km  
Erfurter Volkslauf

Category:  
Männer M75

Total time: 49:58

Speed: 12.01 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 109 (of 140)

Rank in course/Men: 108 (of 139)

Best time in course: 32:14

Rank in category: 1(of 4)

Best time in the category: 49:58