



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

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza
Number: 2844

Course: 10.00 km
Erfurter Volkslauf

Category:
Männer M45

Total time: 52:16

Speed: 11.48 km/h
Running performance: 5:14 min/km

Rank in course/Total: 121 (of 140)

Rank in course/Men: 120 (of 139)

Best time in course: 32:14

Rank in category: 25(of 27)

Best time in the category: 36:11