



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

Erfurt / 05.09.2010

Detailed evaluation

Langlotz, Lars

Club: Gotha

Number: 2894

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M40

Total time: 54:31

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 131 (of 140)

Rank in course/Men: 130 (of 139)

Best time in course: 32:14

Rank in category: 20(of 21)

Best time in the category: 36:08