



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

Erfurt / 05.09.2010

Detailed evaluation

Heise, Reiner

Club: sc impuls erfurt

Number: 2791

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M60

Total time: 1:03:33

Speed: 9.44 km/h

Running performance: 6:22 min/km

Rank in course/Total: 137 (of 140)

Rank in course/Men: 136 (of 139)

Best time in course: 32:14

Rank in category: 10(of 10)

Best time in the category: 38:33