



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

Detailed evaluation

Ellenberg, Horst

Club: Gotha

Number: 2868

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M75

Total time: 1:18:33

Speed: 7.64 km/h

Running performance: 7:52 min/km

Rank in course/Total: 140 (of 140)

Rank in course/Men: 139 (of 139)

Best time in course: 32:14

Rank in category: 4(of 4)

Best time in the category: 49:58