



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

Erfurt / 05.09.2010

Detailed evaluation

Wagner, Heike

Club: Saalfelder LV

Number: 2970

Course: 10.00 km

Frauenlauf

Category:

Frauen W50

Total time: 43:21

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 5 (of 49)

Rank in course/Women: 5 (of 49)

Best time in course: 40:15

Rank in category: 1(of 9)

Best time in the category: 43:21