



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

Erfurt / 05.09.2010

Detailed evaluation

Pudell, Katrin

Club: Melexis Running Ladies

Number: 2975

Course: 10.00 km

Frauenlauf

Category:

Frauen W45

Total time: 49:18

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 14 (of 49)

Rank in course/Women: 14 (of 49)

Best time in course: 40:15

Rank in category: 3(of 9)

Best time in the category: 46:38