



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

Erfurt / 05.09.2010

### Detailed evaluation

Ludwig, Andrea

Club: Dresdner Bank Jena

Number: 2939

Course: 10.00 km

Frauenlauf

Category:

Frauen W40

Total time: 51:23

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 20 (of 49)

Rank in course/Women: 20 (of 49)

Best time in course: 40:15

Rank in category: 4(of 10)

Best time in the category: 41:39