



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

Erfurt / 05.09.2010

Detailed evaluation

Sparbrod, Martina

Club: Erfurt
Number: 2969

Course: 10.00 km
Frauenlauf

Category:
Frauen W40

Total time: 53:06

Speed: 11.30 km/h
Running performance: 5:19 min/km

Rank in course/Total: 27 (of 49)
Rank in course/Women: 27 (of 49)

Best time in course: 40:15

Rank in category: 5(of 10)
Best time in the category: 41:39