



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

Erfurt / 05.09.2010

Detailed evaluation

Suckrau, Nora

Club: Amberg

Number: 2962

Course: 10.00 km

Frauenlauf

Category:

Frauen W20

Total time: 54:55

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 33 (of 49)

Rank in course/Women: 33 (of 49)

Best time in course: 40:15

Rank in category: 3(of 3)

Best time in the category: 48:38