



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf
Erfurt / 05.09.2010

Detailed evaluation

Thurm, Ingo

Club: EASY FUN

Number: 2848

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M40

Total time: 36:21

Speed: 16.51 km/h

Running performance: 3:38 min/km

Rank in course/Total: 10 (of 140)

Rank in course/Men: 10 (of 139)

Best time in course: 32:14

Rank in category: 2(of 21)

Best time in the category: 36:08