



1. Erfurter Waldlauf und 10. Thüringer Frauenlauf

Erfurt, Steigerwald / 05.05.2013

Detailed evaluation

Heidel, Stephan

Club: Erfurt

Number: 1083

Course: 2.00 km

Jedermannlauf

Category:

Herren

Total time: 7:48

Speed: 15.38 km/h

Running performance: 3:54 min/km

Rank in course/Total: 1 (of 6)

Rank in course/Men: 1 (of 3)

Best time in course: 7:48

Rank in category: 1(of 3)

Best time in the category: 7:48