



3. Erfurter Waldlauf und 15. Thüringer Frauenlauf
Erfurt, Steigerwald / 31.05.2015

Detailed evaluation

Dalbert, Frank

Club: Chaosteam-RSL
Number: 3635

Course: 12.00 km
Erfurter Waldlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:03:45

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 95 (of 166)

Rank in course/Men: 94 (of 161)

Best time in course: 42:30

Rank in category: 13(of 21)

Best time in the category: 46:04