



4. Erfurter Waldlauf und 16. Thüringer Frauenlauf

Erfurt, Steigerwald / 05.06.2016

Detailed evaluation

Pfundheller, Mathias

Club: Connected Runners Weimar

Number: 402

Course: 12.00 km

Erfurter Waldlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:57

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 67 (of 118)

Rank in course/Men: 67 (of 118)

Best time in course: 45:29

Rank in category: 7(of 12)

Best time in the category: 53:50