



5.Erfurter Waldlauf und 17.Thüringer Frauenlauf  
Erfurt, Steigerwald / 11.06.2017

Detailed evaluation

**BIESTER, Franzi**

Club: Dirty Runners  
Number: 20

Course: 10.00 km  
Thüringer Frauenlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:07:45

Speed: 8.86 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 67 (of 78)  
Rank in course/Women: 67 (of 78)  
Best time in course: 40:05

Rank in category: 7(of 7)  
Best time in the category: 47:04