



7. Erfurter Waldlauf und 19. Thüringer Frauenlauf  
Erfurt, Steigerwald / 02.06.2019

Detailed evaluation

**Volande, Andrea**

Club: Eisenach  
Number: 122

Course: 10.00 km  
Walking

Category:  
Damen

Total time: 1:40:41

Speed: 5.96 km/h  
Running performance: 10:04 min/km

Rank in course/Total: 6 (of 6)

Rank in course/Women: 4 (of 4)

Best time in course: 1:20:02

Rank in category: 4(of 4)

Best time in the category: 1:20:02