



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Fritzlar, Heike**

Club: Mühlhäuser Laufmäuse  
Number: 13

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W40

Total time: 48:59

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 38 (of 207)

Rank in course/Women: 3 (of 63)

Best time in course: 45:22

Rank in category: 1(of 14)

Best time in the category: 48:59