



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Spiegel, Christian

Club: LV Bauerbach
Number: 190

Course: 10.00 km
Kurzdistanz

Category:
Männer M30

Total time: 51:48

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 61 (of 207)

Rank in course/Men: 55 (of 144)

Best time in course: 35:53

Rank in category: 7(of 11)

Best time in the category: 44:43