



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Apelt, Steffen**

Club: TSG Wandern u.Bergsteigen  
Number: 106

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M40

Total time: 52:39

Speed: 11.40 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 70 (of 207)

Rank in course/Men: 62 (of 144)

Best time in course: 35:53

Rank in category: 9(of 21)

Best time in the category: 41:02