



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Schönewolf, Gerd

Club: SC Meißner Eschwege  
Number: 1443

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:22:45

Speed: 11.75 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 105 (of 263)

Rank in course/Men: 102 (of 231)

Best time in course: 59:27

Rank in category: 29(of 48)

Best time in the category: 1:05:29