



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Blask, Uwe**

Club: Gerstungen  
Number: 1420

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:23:47

Speed: 11.46 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 116 (of 263)

Rank in course/Men: 112 (of 231)

Best time in course: 59:27

Rank in category: 25(of 59)

Best time in the category: 1:06:45