



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Steffens, Sebastian

Club: Merkers
Number: 191

Course: 10.00 km
Kurzdistanz

Category:
Männer M30

Total time: 55:29

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 100 (of 207)

Rank in course/Men: 84 (of 144)

Best time in course: 35:53

Rank in category: 10(of 11)

Best time in the category: 44:43