



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Heilwagen, René

Club: Ruhla OT Thal  
Number: 1117

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:25:54

Speed: 11.18 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 141 (of 263)

Rank in course/Men: 136 (of 231)

Best time in course: 59:27

Rank in category: 35(of 48)

Best time in the category: 1:05:29