



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Krieg, Heike**

Club: Erfurt Nord Gymnastik  
Number: 452

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W45

Total time: 56:33

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 113 (of 207)

Rank in course/Women: 20 (of 63)

Best time in course: 45:22

Rank in category: 6(of 18)

Best time in the category: 50:26