



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Ruppert, Stefan

Club: Schweinesuhle-Creuzburg
Number: 290

Course: 10.00 km
Kurzdistanz

Category:
Männer M45

Total time: 56:55

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 117 (of 207)

Rank in course/Men: 95 (of 144)

Best time in course: 35:53

Rank in category: 18(of 25)

Best time in the category: 41:11