



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Heinecke, Gilbert

Club: AC Apolda
Number: 1479

Course: 16.20 km
Langdistanz

Category:
Männer M50

Total time: 1:27:54

Speed: 10.92 km/h
Running performance: 5:26 min/km

Rank in course/Total: 155 (of 263)

Rank in course/Men: 147 (of 231)

Best time in course: 59:27

Rank in category: 15(of 23)

Best time in the category: 1:12:19