



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: 11.06 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