



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Sammler, Heiko**

Club: Arnstadt  
Number: 1461

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:28:34

Speed: 10.84 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 162 (of 263)

Rank in course/Men: 153 (of 231)

Best time in course: 59:27

Rank in category: 38(of 59)

Best time in the category: 1:06:45