



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