



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Friedrich, Elke

Club: Krauthausen  
Number: 420

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W40

Total time: 58:46

Speed: 10.21 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 143 (of 207)

Rank in course/Women: 29 (of 63)

Best time in course: 45:22

Rank in category: 4(of 14)

Best time in the category: 48:59