



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Friedrich, Hans-Joachim

Club: Tusto Borken
Number: 659

Course: 10.00 km
Kurzdistanz

Category:
Männer M60

Total time: 1:01:33

Speed: 9.75 km/h
Running performance: 6:10 min/km

Rank in course/Total: 156 (of 207)

Rank in course/Men: 121 (of 144)

Best time in course: 35:53

Rank in category: 6(of 6)

Best time in the category: 48:19