



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Seidel, Helmut

Club: TV 03 Breitenbach
Number: 342

Course: 10.00 km
Kurzdistanz

Category:
Männer M55

Total time: 44:18

Speed: 13.54 km/h
Running performance: 4:26 min/km

Rank in course/Total: 10 (of 207)

Rank in course/Men: 10 (of 144)

Best time in course: 35:53

Rank in category: 2(of 10)

Best time in the category: 43:11