



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Fritzlar, Helge**

Club: Mühlhausen  
Number: 86

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M45

Total time: 1:02:15

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 160 (of 207)

Rank in course/Men: 124 (of 144)

Best time in course: 35:53

Rank in category: 22(of 25)

Best time in the category: 41:11