



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Lange, Heiko

Club: Fitunlimited/S1 Suhl
Number: 1116

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:32:23

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 193 (of 263)

Rank in course/Men: 179 (of 231)

Best time in course: 59:27

Rank in category: 47(of 59)

Best time in the category: 1:06:45