



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Ackermann, Hilke

Club: Laufgruppe Wasungen

Number: 414

Course: 10.00 km

Kurzdistanz

Category:

Frauen W40

Total time: 1:02:40

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 165 (of 207)

Rank in course/Women: 40 (of 63)

Best time in course: 45:22

Rank in category: 8(of 14)

Best time in the category: 48:59