



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Heilwagen, Heike

Club: Wutha-Farnroda  
Number: 120

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W45

Total time: 1:03:48

Speed: 9.40 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 172 (of 207)

Rank in course/Women: 44 (of 63)

Best time in course: 45:22

Rank in category: 12(of 18)

Best time in the category: 50:26