



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Sandrock, Uwe**

Club: TV 03 Heringen  
Number: 314

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M50

Total time: 1:04:34

Speed: 9.29 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 179 (of 207)

Rank in course/Men: 132 (of 144)

Best time in course: 35:53

Rank in category: 18(of 22)

Best time in the category: 48:10