



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Pfannstiel, Steffen**

Club: Eisenach  
Number: 1266

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:36:43

Speed: 9.93 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 224 (of 263)

Rank in course/Men: 205 (of 231)

Best time in course: 59:27

Rank in category: 45(of 48)

Best time in the category: 1:05:29