



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Heller, Monika**

Club: Creuzburg  
Number: 624

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W50

Total time: 1:07:13

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 195 (of 207)

Rank in course/Women: 55 (of 63)

Best time in course: 45:22

Rank in category: 7(of 8)

Best time in the category: 45:22