



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Steinberg, Rüdiger

Club: EON Thüringer Energie
Number: 250

Course: 10.00 km
Kurzdistanz

Category:
Männer M40

Total time: 45:06

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 16 (of 207)

Rank in course/Men: 17 (of 144)

Best time in course: 35:53

Rank in category: 4(of 21)

Best time in the category: 41:02