



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