



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Helm, Uwe

Club: Crawinkel  
Number: 522

Course: 10.00 km  
Nordic Walking

Category:  
Männer Nordic Walking

Total time: 1:23:32

Speed: 7.18 km/h  
Running performance: 8:21 min/km

Rank in course/Total: 22 (of 67)

Rank in course/Men: 15 (of 30)

Best time in course: 1:09:44

Rank in category: 15(of 30)

Best time in the category: 1:09:44