



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Messing, Wolfgang**

Club: VV Germania 83 Georgenthal e.V.  
Number: 54

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M55

Total time: 45:17

Speed: 13.25 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 18 (of 207)

Rank in course/Men: 18 (of 144)

Best time in course: 35:53

Rank in category: 4(of 10)

Best time in the category: 43:11