



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Humbek, Frank**

Club: RAD-ART Gotha  
Number: 1254

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:16:11

Speed: 12.60 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 40 (of 263)

Rank in course/Men: 39 (of 231)

Best time in course: 59:27

Rank in category: 11(of 48)

Best time in the category: 1:05:29