



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Heinzeroth, Jörg

Club: Gerstungen
Number: 670

Course: 10.00 km
Kurzdistanz

Category:
Männer M40

Total time: 46:13

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 20 (of 207)

Rank in course/Men: 19 (of 144)

Best time in course: 35:53

Rank in category: 5(of 21)

Best time in the category: 41:02