



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Kynast, Hans-Joachim**

Club: Schleusingen

Number: 1313

Course: 16.20 km

Langdistanz

Category:

Männer M45

Total time: 1:18:56

Speed: 12.16 km/h

Running performance: 4:52 min/km

Rank in course/Total: 65 (of 263)

Rank in course/Men: 63 (of 231)

Best time in course: 59:27

Rank in category: 13(of 59)

Best time in the category: 1:06:45