



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Trostmann, Thomas

Club: Tabarz  
Number: 1058

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:19:02

Speed: 12.15 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 68 (of 263)

Rank in course/Men: 66 (of 231)

Best time in course: 59:27

Rank in category: 14(of 59)

Best time in the category: 1:06:45