



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena

Number: 8

Course: 16.20 km

Langdistanz

Category:

Männer M55

Total time: 1:19:23

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 72 (of 263)

Rank in course/Men: 70 (of 231)

Best time in course: 59:27

Rank in category: 4(of 16)

Best time in the category: 1:11:08