



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Dreyßig, Christian**

Club: DLRG Kahla  
Number: 1191

Course: 16.20 km  
Langdistanz

Category:  
Männer M30

Total time: 1:10:56

Speed: 13.70 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 11 (of 263)

Rank in course/Men: 10 (of 231)

Best time in course: 59:27

Rank in category: 3(of 23)

Best time in the category: 1:01:11