



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Iffert, Karl

Club: Wernshäuser Laufftreff  
Number: 1111

Course: 16.20 km  
Langdistanz

Category:  
Männer M55

Total time: 1:24:31

Speed: 11.36 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 122 (of 263)

Rank in course/Men: 118 (of 231)

Best time in course: 59:27

Rank in category: 7(of 16)

Best time in the category: 1:11:08