



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Ahlemann, Matthias

Club: Rennsteiglaufverein
Number: 1452

Course: 16.20 km
Langdistanz

Category:
Männer M40

Total time: 1:24:38

Speed: 11.34 km/h
Running performance: 5:13 min/km

Rank in course/Total: 124 (of 263)

Rank in course/Men: 120 (of 231)

Best time in course: 59:27

Rank in category: 31(of 48)

Best time in the category: 1:05:29