



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Schmid, Jörg**

Club: Motor-Arnstadt, Laufen-aktuell  
Number: 1084

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:26:58

Speed: 11.04 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 147 (of 263)

Rank in course/Men: 141 (of 231)

Best time in course: 59:27

Rank in category: 33(of 59)

Best time in the category: 1:06:45