



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Malzahn, Kai**

Club: Team Erdinger Alkoholfrei  
Number: 1205

Course: 16.20 km  
Langdistanz

Category:  
Männer M30

Total time: 1:29:15

Speed: 10.76 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 172 (of 263)

Rank in course/Men: 162 (of 231)

Best time in course: 59:27

Rank in category: 17(of 23)

Best time in the category: 1:01:11