



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Jakob, Thomas

Club: SG Lutter

Number: 1059

Course: 16.20 km

Langdistanz

Category:

Männer M40

Total time: 1:14:10

Speed: 12.94 km/h

Running performance: 4:35 min/km

Rank in course/Total: 25 (of 263)

Rank in course/Men: 24 (of 231)

Best time in course: 59:27

Rank in category: 6(of 48)

Best time in the category: 1:05:29