



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Koch, André

Club: SV 1916 Großrudstedt
Number: 1258

Course: 16.20 km
Langdistanz

Category:
Männer M40

Total time: 1:30:52

Speed: 10.56 km/h
Running performance: 5:37 min/km

Rank in course/Total: 187 (of 263)

Rank in course/Men: 174 (of 231)

Best time in course: 59:27

Rank in category: 39(of 48)

Best time in the category: 1:05:29