



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Thomas, Jörg

Club: Gotha

Number: 1076

Course: 16.20 km

Langdistanz

Category:

Männer M40

Total time: 1:35:09

Speed: 10.09 km/h

Running performance: 5:52 min/km

Rank in course/Total: 213 (of 263)

Rank in course/Men: 194 (of 231)

Best time in course: 59:27

Rank in category: 44(of 48)

Best time in the category: 1:05:29