



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Lugauer, Dietmar

Club: Gotha  
Number: 1315

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:35:48

Speed: 10.02 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 217 (of 263)

Rank in course/Men: 198 (of 231)

Best time in course: 59:27

Rank in category: 50(of 59)

Best time in the category: 1:06:45