



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau
Number: 1115

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:39:34

Speed: 9.64 km/h
Running performance: 6:09 min/km

Rank in course/Total: 235 (of 263)

Rank in course/Men: 214 (of 231)

Best time in course: 59:27

Rank in category: 55(of 59)

Best time in the category: 1:06:45