



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg  
Number: 1062

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:48:56

Speed: 8.81 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 254 (of 263)

Rank in course/Men: 226 (of 231)

Best time in course: 59:27

Rank in category: 48(of 48)

Best time in the category: 1:05:29