



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Lämmerhirt, Torsten

Club: DAV Inselberg
Number: 1459

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:48:57

Speed: 8.92 km/h
Running performance: 6:44 min/km

Rank in course/Total: 255 (of 263)

Rank in course/Men: 227 (of 231)

Best time in course: 59:27

Rank in category: 58(of 59)

Best time in the category: 1:06:45