



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Alt, Michael**

Club: Kirchheim

Number: 1456

Course: 16.20 km

Langdistanz

Category:

Männer M35

Total time: 1:17:40

Speed: 12.36 km/h

Running performance: 4:47 min/km

Rank in course/Total: 51 (of 263)

Rank in course/Men: 50 (of 231)

Best time in course: 59:27

Rank in category: 5(of 31)

Best time in the category: 1:07:07