



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Alack, Dirk**

Club: Eisenach  
Number: 257

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M45

Total time: 48:29

Speed: 12.38 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 35 (of 207)

Rank in course/Men: 33 (of 144)

Best time in course: 35:53

Rank in category: 6(of 25)

Best time in the category: 41:11