



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen
Number: 1028

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:18:43

Speed: 12.20 km/h
Running performance: 4:52 min/km

Rank in course/Total: 61 (of 263)

Rank in course/Men: 60 (of 231)

Best time in course: 59:27

Rank in category: 11(of 59)

Best time in the category: 1:06:45