



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Biskamp, Stephan**

Club: Philippsthaler Landgrafen  
Number: 1440

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:18:47

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 62 (of 263)

Rank in course/Men: 61 (of 231)

Best time in course: 59:27

Rank in category: 12(of 59)

Best time in the category: 1:06:45