



Skatstadtmarathon Altenburg  
Altenburg / 12.06.2010

Detailed evaluation

**Nehring, Ingolf**

Club: LS Zschadraß  
Number: 4115

Course: 42.20 km  
MZLA - Marathon

Category:  
Männer M45

Total time: 4:03:56

Speed: 10.38 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 37 (of 115)

Rank in course/Men: 34 (of 102)

Best time in course: 2:47:36

Rank in category: 7(of 22)

Best time in the category: 3:34:43