



31. Wartburglauf Eisenach
Eisenach / 26.09.2010

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena

Number: 142

Course: 12.50 km

Hauptlauf

Category:

Männer M55

Total time: 1:00:17

Speed: 11.94 km/h

Running performance: 4:49 min/km

Rank in course/Total: 60 (of 154)

Rank in course/Men: 58 (of 121)

Best time in course: 45:54

Rank in category: 5(of 8)

Best time in the category: 56:35