



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Montag, Holger**

Club: SV Normania Treffurt  
Number: 1096

Course: 16.20 km  
Langdistanz

Category:  
Männer M35

Total time: 1:25:47

Speed: 11.33 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 134 (of 263)

Rank in course/Men: 129 (of 231)

Best time in course: 59:27

Rank in category: 14 (of 31)

Best time in the category: 1:07:07