



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 1083

Course: 16.20 km

Langdistanz

Category:

Männer M70

Total time: 1:28:42

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 164 (of 263)

Rank in course/Men: 155 (of 231)

Best time in course: 59:27

Rank in category: 2 (of 2)

Best time in the category: 1:24:15