



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Jakob, Thomas**

Club: SG Lutter  
Number: 1059

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:14:10

Speed: 13.11 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 25 (of 263)

Rank in course/Men: 24 (of 231)

Best time in course: 59:27

Rank in category: 6 (of 48)

Best time in the category: 1:05:29