



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Franke, Thomas**

Club: Gerstungen  
Number: 1287

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:19:59

Speed: 12.00 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 81 (of 263)

Rank in course/Men: 78 (of 231)

Best time in course: 59:27

Rank in category: 16(of 59)

Best time in the category: 1:06:45