



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Sauer, Norbert**

Club: Laufteam Herzog-Georg-Apotheke BaLi  
Number: 112

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M40

Total time: 50:55

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 54 (of 207)

Rank in course/Men: 48 (of 144)

Best time in course: 35:53

Rank in category: 7(of 21)

Best time in the category: 41:02