



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Kramer, Ronny**

Club: Legefeld

Number: 1201

Course: 16.20 km

Langdistanz

Category:

Männer M30

Total time: 1:23:39

Speed: 11.48 km/h

Running performance: 5:10 min/km

Rank in course/Total: 114 (of 263)

Rank in course/Men: 110 (of 231)

Best time in course: 59:27

Rank in category: 12(of 23)

Best time in the category: 1:01:11