



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Rose, Frank

Club: Behringen
Number: 1067

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:24:04

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 118 (of 263)

Rank in course/Men: 114 (of 231)

Best time in course: 59:27

Rank in category: 26(of 59)

Best time in the category: 1:06:45