



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Werner, Ralf**

Club: StedtfelderRennsteigfreunde  
Number: 121

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M40

Total time: 54:29

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 92 (of 207)

Rank in course/Men: 77 (of 144)

Best time in course: 35:53

Rank in category: 13(of 21)

Best time in the category: 41:02