



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Gansen, Gerd**

Club: Heringen  
Number: 1425

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:24:31

Speed: 11.36 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 123 (of 263)

Rank in course/Men: 119 (of 231)

Best time in course: 59:27

Rank in category: 27(of 59)

Best time in the category: 1:06:45