



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Rost, Frank**

Club: Ilmtalläufer Bad Berka  
Number: 1268

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:24:42

Speed: 11.33 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 125 (of 263)

Rank in course/Men: 121 (of 231)

Best time in course: 59:27

Rank in category: 32(of 48)

Best time in the category: 1:05:29