



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Dunkel, Frank**

Club: Großurschla  
Number: 1437

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:25:17

Speed: 11.40 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 129 (of 263)

Rank in course/Men: 124 (of 231)

Best time in course: 59:27

Rank in category: 28(of 59)

Best time in the category: 1:06:45