



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Rönnert, Sylvana

Club: Haina  
Number: 462

Course: 10.00 km  
Kurzdistanz

Category:  
Frauen W45

Total time: 56:35

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 114 (of 207)

Rank in course/Women: 21 (of 63)

Best time in course: 45:22

Rank in category: 7(of 18)

Best time in the category: 50:26