



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Groß, Manfred**

Club: TSV Grafenau  
Number: 1290

Course: 16.20 km  
Langdistanz

Category:  
Männer M45

Total time: 1:27:27

Speed: 10.98 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 151 (of 263)

Rank in course/Men: 145 (of 231)

Best time in course: 59:27

Rank in category: 36(of 59)

Best time in the category: 1:06:45