



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Roth, Ralf

Club: Frauensee
Number: 1323

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:29:04

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 168 (of 263)

Rank in course/Men: 158 (of 231)

Best time in course: 59:27

Rank in category: 39(of 59)

Best time in the category: 1:06:45