



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Bierau, Ronald**

Club: Immelborn

Number: 43

Course: 16.20 km

Langdistanz

Category:

Männer M40

Total time: 1:32:33

Speed: 10.37 km/h

Running performance: 5:43 min/km

Rank in course/Total: 195 (of 263)

Rank in course/Men: 181 (of 231)

Best time in course: 59:27

Rank in category: 40(of 48)

Best time in the category: 1:05:29