



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Licht, Ralf

Club: FSV 1050 Gotha  
Number: 1467

Course: 16.20 km  
Langdistanz

Category:  
Männer M30

Total time: 1:33:44

Speed: 10.24 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 203 (of 263)

Rank in course/Men: 187 (of 231)

Best time in course: 59:27

Rank in category: 20(of 23)

Best time in the category: 1:01:11