



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Hänsel, Ralf

Club: Eisenach
Number: 1294

Course: 16.20 km
Langdistanz

Category:
Männer M45

Total time: 1:38:45

Speed: 9.72 km/h
Running performance: 6:06 min/km

Rank in course/Total: 229 (of 263)

Rank in course/Men: 210 (of 231)

Best time in course: 59:27

Rank in category: 53(of 59)

Best time in the category: 1:06:45