



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

**Rosenbaum, Ralf**

Club: Sättelstädt  
Number: 1010

Course: 16.20 km  
Langdistanz

Category:  
Männer M40

Total time: 1:15:52

Speed: 12.65 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 35 (of 263)

Rank in course/Men: 34 (of 231)

Best time in course: 59:27

Rank in category: 10(of 48)

Best time in the category: 1:05:29