



Alteburglauf 2008  
Arnstadt / 02.05.2008

## Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt  
Number: 317

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 52:24

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 58 (of 79)

Rank in course/Men: 47 (of 60)

Best time in course: 37:27

Rank in category: 5(of 7)

Best time in the category: 42:36