



Alteburglauf 2008  
Arnstadt / 02.05.2008

## Detailed evaluation

Lindstädt, Mario

Club: Arnstadt  
Number: 318

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 54:19

Speed: 11.05 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 63 (of 79)

Rank in course/Men: 52 (of 60)

Best time in course: 37:27

Rank in category: 6(of 7)

Best time in the category: 42:36