



Alteburglauf 2008  
Arnstadt / 02.05.2008

## Detailed evaluation

Rose, Jens

Club: DRK Arnstadt e.V.  
Number: 322

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 45:45

Speed: 13.11 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 26 (of 79)

Rank in course/Men: 23 (of 60)

Best time in course: 37:27

Rank in category: 3(of 10)

Best time in the category: 43:58