



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Amendt, Christian**

Club: LSV Lok Arnstadt  
Number: 197

Course: 10.00 km  
Hauptlauf

Category:  
Männer M20

Total time: 41:05

Speed: 14.60 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 18 (of 114)

Rank in course/Men: 17 (of 87)

Best time in course: 35:32

Rank in category: 3(of 13)

Best time in the category: 35:32