



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Helmich, Robert

Club: SRL Arnstadt Sportclub e.V.
Number: 819

Course: 10.00 km
Hauptlauf

Category:
Männer M20

Total time: 41:10

Speed: 14.57 km/h
Running performance: 4:07 min/km

Rank in course/Total: 19 (of 114)

Rank in course/Men: 18 (of 87)

Best time in course: 35:32

Rank in category: 4(of 13)

Best time in the category: 35:32