



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha
Number: 894

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 41:17

Speed: 14.53 km/h
Running performance: 4:08 min/km

Rank in course/Total: 20 (of 114)

Rank in course/Men: 19 (of 87)

Best time in course: 35:32

Rank in category: 4(of 16)

Best time in the category: 37:16