



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