



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt
Number: 828

Course: 10.00 km
Hauptlauf

Category:
Männer M20

Total time: 41:19

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 21 (of 114)

Rank in course/Men: 20 (of 87)

Best time in course: 35:32

Rank in category: 5(of 13)

Best time in the category: 35:32