



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Ritter, Siegfried

Club: Arnstadt  
Number: 889

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 43:00

Speed: 13.95 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 27 (of 114)

Rank in course/Men: 24 (of 87)

Best time in course: 35:32

Rank in category: 2(of 8)

Best time in the category: 39:01