



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Schadwinkel, Andy

Club: GMRLV Langewiesen  
Number: 845

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 43:08

Speed: 13.91 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 29 (of 114)

Rank in course/Men: 26 (of 87)

Best time in course: 35:32

Rank in category: 3(of 12)

Best time in the category: 39:08