



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Kretzschmar, Manfred**

Club: Ichtshausen  
Number: 832

Course: 10.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 43:41

Speed: 13.74 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 31 (of 114)

Rank in course/Men: 28 (of 87)

Best time in course: 35:32

Rank in category: 2(of 5)

Best time in the category: 43:05