



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