



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Pawlik, Gerd

Club: LTV Erfurt
Number: 838

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 44:29

Speed: 13.49 km/h
Running performance: 4:27 min/km

Rank in course/Total: 32 (of 114)

Rank in course/Men: 29 (of 87)

Best time in course: 35:32

Rank in category: 5(of 15)

Best time in the category: 38:47