



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Seever, Thorsten

Club: Laufftreff Alteburg Arnstadt
Number: 849

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 45:15

Speed: 13.26 km/h
Running performance: 4:32 min/km

Rank in course/Total: 40 (of 114)

Rank in course/Men: 36 (of 87)

Best time in course: 35:32

Rank in category: 4(of 12)

Best time in the category: 39:08