



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