



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Respondek, Steffen

Club: Wachsenburggemeinde
Number: 877

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 46:04

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 42 (of 114)

Rank in course/Men: 38 (of 87)

Best time in course: 35:32

Rank in category: 7(of 15)

Best time in the category: 38:47