



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Schalk, Udo

Club: Dream-Team-Ilmenau  
Number: 795

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 46:21

Speed: 12.94 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 45 (of 114)

Rank in course/Men: 41 (of 87)

Best time in course: 35:32

Rank in category: 8(of 15)

Best time in the category: 38:47