



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Herrmann, Maik**

Club: Lauffreiweg Arnstadt  
Number: 905

Course: 10.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 46:27

Speed: 12.92 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 46 (of 114)

Rank in course/Men: 42 (of 87)

Best time in course: 35:32

Rank in category: 4(of 5)

Best time in the category: 38:51