



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 811

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 46:36

Speed: 12.88 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 47 (of 114)

Rank in course/Men: 43 (of 87)

Best time in course: 35:32

Rank in category: 9(of 15)

Best time in the category: 38:47