



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Jaraus, Hagen

Club: Energie Erfurt
Number: 797

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 47:06

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 53 (of 114)

Rank in course/Men: 49 (of 87)

Best time in course: 35:32

Rank in category: 5(of 12)

Best time in the category: 39:08