



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Helh, Andreas

Club: Biberau  
Number: 899

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 47:50

Speed: 12.54 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 58 (of 114)

Rank in course/Men: 53 (of 87)

Best time in course: 35:32

Rank in category: 8(of 16)

Best time in the category: 37:16