



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Braunschweig, Andreas**

Club: WSV Ilmenau  
Number: 808

Course: 10.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 48:40

Speed: 12.33 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 62 (of 114)

Rank in course/Men: 56 (of 87)

Best time in course: 35:32

Rank in category: 3(of 5)

Best time in the category: 43:05