



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Amarell, Ludwig**

Club: Triathlonclub Suhl  
Number: 801

Course: 10.00 km  
Hauptlauf

Category:  
Männer M70

Total time: 49:08

Speed: 12.21 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 63 (of 114)

Rank in course/Men: 57 (of 87)

Best time in course: 35:32

Rank in category: 1(of 3)

Best time in the category: 49:08