



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 817

Course: 10.00 km
Hauptlauf

Category:
Männer M50

Total time: 49:25

Speed: 12.14 km/h
Running performance: 4:56 min/km

Rank in course/Total: 66 (of 114)

Rank in course/Men: 58 (of 87)

Best time in course: 35:32

Rank in category: 6(of 8)

Best time in the category: 39:01