



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Bänsch, Phillip**

Club: Arnstadt  
Number: 186

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 13 männlich

Total time: 6:11

Speed: 9.70 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 15 (of 66)

Rank in course/Men: 9 (of 32)

Best time in course: 4:52

Rank in category: 4(of 5)

Best time in the category: 4:52