



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Hochsattel, Hans-Jörg

Club: Spitzensalat des WSV Ilmenau
Number: 124

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 49:33

Speed: 12.11 km/h
Running performance: 4:58 min/km

Rank in course/Total: 69 (of 114)

Rank in course/Men: 61 (of 87)

Best time in course: 35:32

Rank in category: 13(of 15)

Best time in the category: 38:47