



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Holtzhausen, Uwe

Club: SV Stockhütte  
Number: 822

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 49:47

Speed: 12.05 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 71 (of 114)

Rank in course/Men: 63 (of 87)

Best time in course: 35:32

Rank in category: 11(of 16)

Best time in the category: 37:16