



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt
Number: 810

Course: 10.00 km
Hauptlauf

Category:
Männer M60

Total time: 50:11

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 73 (of 114)

Rank in course/Men: 64 (of 87)

Best time in course: 35:32

Rank in category: 2(of 3)

Best time in the category: 43:17