



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