



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Herzer, Heiko

Club: Arnstadt
Number: 861

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 50:13

Speed: 11.95 km/h
Running performance: 5:01 min/km

Rank in course/Total: 74 (of 114)

Rank in course/Men: 65 (of 87)

Best time in course: 35:32

Rank in category: 8(of 12)

Best time in the category: 39:08