



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Fleischer, Heimbart**

Club: Katholische Laufjugend Arnstadt  
Number: 813

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 50:54

Speed: 11.79 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 76 (of 114)

Rank in course/Men: 67 (of 87)

Best time in course: 35:32

Rank in category: 7(of 8)

Best time in the category: 39:01