



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt
Number: 840

Course: 10.00 km
Hauptlauf

Category:
Männer M70

Total time: 51:26

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 80 (of 114)

Rank in course/Men: 69 (of 87)

Best time in course: 35:32

Rank in category: 2(of 3)

Best time in the category: 49:08