



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Lindstädt, Mario

Club: Arnstadt
Number: 109

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 52:26

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 85 (of 114)

Rank in course/Men: 71 (of 87)

Best time in course: 35:32

Rank in category: 15(of 15)

Best time in the category: 38:47