



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Prescher, Frank

Club: USV Erfurt  
Number: 841

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 54:37

Speed: 10.99 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 93 (of 114)

Rank in course/Men: 75 (of 87)

Best time in course: 35:32

Rank in category: 10(of 12)

Best time in the category: 39:08