



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Hein, Michael

Club: Katholische Laufjugend Arnstadt  
Number: 818

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 54:58

Speed: 10.92 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 94 (of 114)

Rank in course/Men: 76 (of 87)

Best time in course: 35:32

Rank in category: 11(of 12)

Best time in the category: 39:08