



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

Erbe, Dieter

Club: SVA 02  
Number: 859

Course: 10.00 km  
Hauptlauf

Category:  
Männer M65

Total time: 1:02:30

Speed: 9.60 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 110 (of 114)

Rank in course/Men: 83 (of 87)

Best time in course: 35:32

Rank in category: 2(of 3)

Best time in the category: 52:42