



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

### Jäger, Matthias

Club: Katholische Laufjugend Arnstadt  
Number: 863

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:03:51

Speed: 9.40 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 112 (of 114)

Rank in course/Men: 85 (of 87)

Best time in course: 35:32

Rank in category: 15(of 16)

Best time in the category: 37:16