



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Jaworski, Norman**

Club: LSV Lok Arnstadt  
Number: 958

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 11 männlich

Total time: 6:22

Speed: 9.42 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 20 (of 66)

Rank in course/Men: 13 (of 32)

Best time in course: 4:52

Rank in category: 1(of 2)

Best time in the category: 6:22