



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Blaschczok, Sandro**

Club: Ski Crawinkel  
Number: 936

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 9 männlich

Total time: 6:35

Speed: 9.11 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 31 (of 66)

Rank in course/Men: 22 (of 32)

Best time in course: 4:52

Rank in category: 6(of 7)

Best time in the category: 5:30