



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Steinmann, Constantin**

Club: Arnstadt  
Number: 132

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 9 männlich

Total time: 6:55

Speed: 8.67 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 36 (of 66)

Rank in course/Men: 26 (of 32)

Best time in course: 4:52

Rank in category: 7(of 7)

Best time in the category: 5:30