



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Pflünger, Moritz

Club: Karateverein Arnstadt
Number: 908

Course: 3.50 km
Jugendlauf

Category:
AK 14 männlich

Total time: 21:40

Speed: 8.31 km/h
Running performance: 6:11 min/km

Rank in course/Total: 14 (of 17)

Rank in course/Men: 6 (of 6)

Best time in course: 15:17

Rank in category: 3(of 3)

Best time in the category: 16:29