



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Lynas, Matthew

Club: LTV Erfurt
Number: 871

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 37:16

Speed: 16.10 km/h
Running performance: 3:44 min/km

Rank in course/Total: 2 (of 114)

Rank in course/Men: 2 (of 87)

Best time in course: 35:32

Rank in category: 1(of 16)

Best time in the category: 37:16