



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Meister, Frank

Club: Lauffreunde Gotha
Number: 835

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 38:47

Speed: 15.47 km/h
Running performance: 3:53 min/km

Rank in course/Total: 4 (of 114)

Rank in course/Men: 4 (of 87)

Best time in course: 35:32

Rank in category: 1(of 15)

Best time in the category: 38:47