



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Pawlik, Mario

Club: Pawliks Lauffamily
Number: 839

Course: 10.00 km
Hauptlauf

Category:
Männer M30

Total time: 38:51

Speed: 15.44 km/h
Running performance: 3:53 min/km

Rank in course/Total: 5 (of 114)

Rank in course/Men: 5 (of 87)

Best time in course: 35:32

Rank in category: 1(of 5)

Best time in the category: 38:51