



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Herzer, Nils

Club: LSV Lok Arnstadt
Number: 953

Course: 1.20 km
Schüler- und Jedermannlauf

Category:
AK 9 männlich

Total time: 5:45

Speed: 10.43 km/h
Running performance: 4:47 min/km

Rank in course/Total: 9 (of 66)

Rank in course/Men: 6 (of 32)

Best time in course: 4:52

Rank in category: 2(of 7)

Best time in the category: 5:30