



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Thurm, Ingo

Club: Niedernissa
Number: 798

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 39:08

Speed: 15.33 km/h
Running performance: 3:55 min/km

Rank in course/Total: 9 (of 114)

Rank in course/Men: 9 (of 87)

Best time in course: 35:32

Rank in category: 1(of 12)

Best time in the category: 39:08