



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Rüdiger, David**

Club: LSV Lok Arnstadt  
Number: 844

Course: 10.00 km  
Hauptlauf

Category:  
männliche Jugend A

Total time: 39:14

Speed: 15.29 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 11 (of 114)

Rank in course/Men: 11 (of 87)

Best time in course: 35:32

Rank in category: 1(of 4)

Best time in the category: 39:14