



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Heißner, Maik

Club: Altenburg-Lauftreff
Number: 125

Course: 10.00 km
Hauptlauf

Category:
Männer M30

Total time: 39:16

Speed: 15.28 km/h
Running performance: 3:56 min/km

Rank in course/Total: 12 (of 114)

Rank in course/Men: 12 (of 87)

Best time in course: 35:32

Rank in category: 3(of 5)

Best time in the category: 38:51