



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Foch, Mathias**

Club: SG Motor Arnstadt  
Number: 815

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 39:38

Speed: 15.14 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 16 (of 114)

Rank in course/Men: 15 (of 87)

Best time in course: 35:32

Rank in category: 3(of 15)

Best time in the category: 38:47