



30. Wartburglauf Eisenach  
Eisenach / 27.09.2009

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda  
Number: 278

Course: 12.50 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:01:21

Speed: 11.74 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 144 (of 297)

Rank in course/Men: 133 (of 234)

Best time in course: 42:14

Rank in category: 24(of 42)

Best time in the category: 48:26